



**Pond Party
draws a crowd**
Nearly 3,000
students attend
Conestoga's Pond
Party during
orientation week.

NEWS 10

Spoke

Career Fair coming Sept. 25

The country's largest career fair will be arriving at RIM Park.

NEWS 9

Saving your funny money

Canadian comic James Cunningham puts a funny twist on financial advice.

ENTERTAINMENT 18

Monday, September 16, 2002

Conestoga College, Kitchener

34th Year — No. 16

Smoke-free zones help clear air

By LAURIE VANDENHOFF

The college community can finally breathe a sigh of relief. Thanks to a new smoking task force, smoking will no longer be tolerated at the college's main entrances.

Students and staff returning from summer holidays may have noticed new signs and red boundaries painted on sidewalks outside the college's doors.

Barry Milner, manager of physical resources at the college and chair of the task force, said the idea for the committee began when college administration and security became concerned about the growing number of people smoking near entrances.

"People were ignoring the old requests," he said. "We were just trying to take a low-key approach. Now it's a little more high-profile."

At the end of the spring semester, Milner was approached by administration about chairing a new committee that would look into the issue of smoking at the college.

Together with Conestoga Students Incorporated, administration, union locals and related staff, a smoking task force began.

After reviewing previous policies and methods, a new system was created.

It means anyone seen by security smoking within the marked boundaries will face consequences. Students face monetary fines, visitors will be asked to leave and administrative staff will face disciplinary action.

Fines for students start at \$25. If they are not paid within 10 days those fines rise to \$35 and will reach a maximum of \$50 if not paid after 15 days.

According to the task force, the initial stages of the system are about education. Students can find information about enforcement and fines on notices posted at various locations.

A pamphlet is also being made available, providing further details.

The education stage also means a large number of fines may not be handed out in the first couple of months while students and staff become accustomed to the new methods.

Al Hunter, supervisor of security services at Conestoga said with the old practices, smokers agreed to move when asked, but there was no lasting effect. However, this will hopefully change with the new rules.

"If we fail to get compliance then obviously we'll have to resort to issuing tickets to the offenders," he said.

However, Milner and Hunter agreed that issuing tickets was not the goal of the task force.

"We are serious about enforcing," said Milner. "But hopefully we'll never have to."

In order to ensure a smooth transition, shelters will be constructed at the various campuses to direct smokers away from the main entrances, especially during rainy days and winter months.

Milner said the college is waiting for confirmation of support from the Stratford General Hospital where that campus is located. The problem is that the college has no jurisdiction on those entrances.

"We're moving. I believe this is a work in progress," said Milner. "It will be maybe one, two, three years before we fulfill what the committee wanted to see done."

One Man Live band entrances students

By CARRIE HOTO

How do you play the drums, guitar, keyboard and sing all at once? Just ask McRorie Tait, who performs as the McRorie One Man Live.

The Hornepayne, Ont. man, who arrived at Conestoga College in a sequined tank top and black Spandex shorts, was a new addition to the Pond Party.

The Pond Party is an event held by the CSI every year to give students a chance to get to know more people, while enjoying free pleasure, games and entertainment.

Tait played a wide selection of music including: The Tragically Hip, Eminem, Michael Jackson, AC/DC and Led Zeppelin to Stompin' Tom Connors. Tait said, "I keep it interesting by providing an assortment," of different styles.

The audience watching Tait was "totally enthralled," said Jody Andruszkiewicz, the programmer/events coordinator for the CSI.

So how does Tait become a one-man band? The secret lies in the four sensors in each shoe that control the bass, snare and symbol drums. Tait can change the sensors to whatever he wants through synthesizer modules. On his chest he wears four more synthesizers, which create "tom tom sounds." He also has a keyboard on his left and right side, which generate bass and rhythm sounds and with the microphone he can generate the sound of a guitar through his voice.

Tait has been involved with music since the age of eight, when he began playing the drums. He was involved with various bands over the years, but the bands never stayed together so Tait decided to start his own band. "Rather than using machines, I used myself." He added he has no aspirations of being picked up by a record company. "It's not going to happen."

Tait will only play live music, which is why he decided to leave his management company. He said that there is an artificial reality of what people are supposed to be, which he refers to as the "airbrush culture." He said this refers to the music business, because a lot of singers now lip sync instead of performing live.

Tait has spent more than \$100,000 trying to get his One Man Live up and running and has spent \$70,000 on lighting and sound equipment.

He currently resides in Hornepayne, which is located north of Sault St. Marie and Thunder Bay. He travels all over Canada, through the United States and for two months in the winter he performs in the Cayman Islands.



(Photo by Aimee Wilson)

The McRorie One Man Live stole the show at the Conestoga College Pond Party on Sept. 5.

He also does exhibitions and fairs during the spring and summer. His next stop after Conestoga College was Belleville.

Tait's CD is entitled Live Music Head-to-Toe, Version 1.0 and can be purchased later in the year on his personal Web site. mcororieone-manlive.ca for a cost of \$10. The CD is strictly original music.

In addition to the one man band, the CSI added another new attraction to the Pond Party called the Trampoline Thing, which involved being harnessed and jumping on a giant trampoline.

The free pleasure continued with hot dogs and pop, not to mention beer at the minimal price of \$2. The CSI handed out calendars and student planners.

Both Rogers Television and Belair Direct set up booths to hand out information. As well, Travel Cuts had draws for fanny packs, travel wallets and coupons for ISIC photos; and Blockbuster offered free Reward memberships to students who have a valid student card.

You could also sign up for numerous clubs and programs around the college.

"To be honest it's (the Pond Party) the coolest event we throw," said Andruszkiewicz. He added there's nothing better than a gorgeous day with free food, entertainment and lots of free pleasure.

The event, which cost approximately \$4,000, was attended by 50 per cent of the student body.



(Photo by Jason Middleton)

Framing success

Alu. services officer Monica Himmelman displays a diploma frame. The frames were part of fundraising efforts that took place at commencement June 19 and 20. See Page 7 for story.

New orientation plan helps end first-day jitters

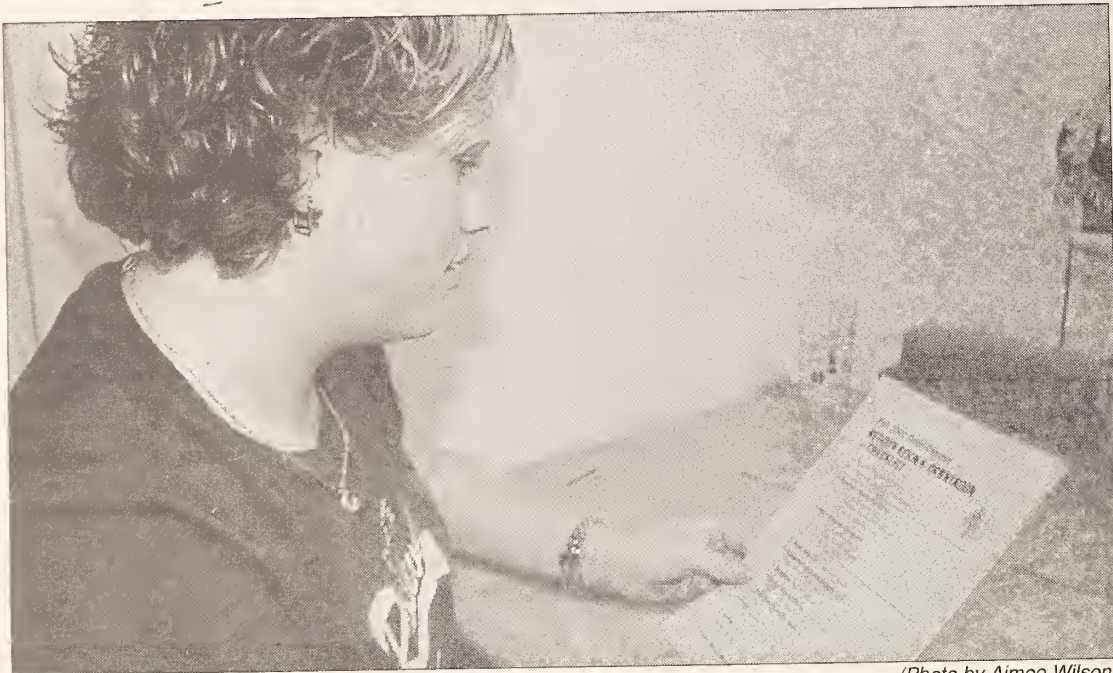
By AIMEE WILSON

A new standardized orientation model was put into affect this year at all Conestoga campuses to help first-year students with the registration and orientation process.

The day began with Phase 1 of the four-phase orientation model. A two-hour general orientation session began around 8:30 a.m. in the recreation centre where the students were introduced to faculty, given a pep talk, and a chance to ask questions.

"It gave you an idea of what was happening," said Melissa Brown, 19, a first-year nursing student. The students then followed a member of their faculty to a classroom where they were given their schedules and booklists and had the opportunity to meet their faculty and senior students in their program.

Carol Gregory, a counsellor, along with Jon Olinski, president of CSI, and Jan Stroh, Job Connect, presented the overview of the new model to the academic co-ordination committee. The goal was to make first-year students feel welcomed and informed and "give them equal access to information," said Gregory, adding, "There's people here to help them."



(Photo by Aimee Wilson)

Kara Speedie, a first-year nursing student, looks over the registration checklist. As part of a new standardized orientation model, all program orientations had to include items on the checklist.

Kara Speedie, 19, a first-year nursing student, felt she received a lot of good information but the two-hour orientation was too long. Speedie also said an organized tour of the school would have been helpful.

Brian Gray, 19, a first-year busi-

ness student, felt the orientation was too lengthy as well. "Sitting in those uncomfortable seats was too long...we didn't really get a chance to meet people (outside of their program)."

The day also offered a lunch

organized by the CSI at Doon, Waterloo and Guelph campuses. The afternoon was left for the students to tour the school, find their lockers and classes, buy their books, student ID cards and parking passes and sign up for student

success workshops.

"It lit everything up for you," said Robert McLeod, 20, a first-year management studies student, who felt a little nervous coming to college. McLeod took a year off before coming to school, and having the chance to meet the faculty "made me feel comfortable," he added.

For Phase 2, the students were given the student procedures guide to inform them of program policies, expectations, student's rights and procedures. "There's so much important information (in the procedures guide)," said Gregory, adding, "They'll have it and know they have access to the information."

For Phase 3, first-year students will be given a 45-minute presentation about the services available at Conestoga College. The presentation will be given in a Strategies for Student Success class or incorporated into another class.

Phase 4 is an introduction to the Learning Resource Centre.

Overall, Gregory felt the day went really well. "It's a wonderful first step," she said. "I hope it set a positive tone."

If you would like to offer feedback about the new standardized orientation, call Student Services at 748-5220.

College Council pleased with this year's fall semester kickoff

By VANESSA LAYE

Conestoga College council held their first monthly meeting on Sept. 9 to discuss the many issues and concerns on campus. One of their main concerns was if the students had a blast during this year's orientation week.

John Tibbits, president of the college, said he was pleased with the positive feedback he received from students and faculty regarding the activities and information given throughout the welcoming week.

With an 89 per cent turnout of students at the events, Fred Harris, executive director of student services and registrar, said the students

"were keen, they were up for it, and they were pumped."

But there was one phrase that stuck out in Harris's mind; it was something that a student said which he thought epitomized the entire event: "Now we know why Conestoga is number 1."

However, the fun and games weren't the only things the council was impressed with - there were some practical results too. Usually first-year students swamp the information desk with routine questions, but the decline at information meant the use of Student Services went up.

"The students have listened to what was told to them (by faculty)

of where and who they can go to for support, help and or information," Harris said.

Students will continue to gather knowledge about services at the college through a four-phase program the college implemented this year. This program offers a welcoming to the school along with knowledge of services, meeting program faculty and learning how to use the Learning Resource Centre.

Although the council was pleased with the start-up of the new school year, some said that improvements could be made.

Tibbits discussed the idea of expanding the Pond Party into a

bigger event, along with the option of serving vegetarian foods to suit different students needs.

There was also the issue of students starting in January and what kind of welcoming they would or should receive upon arrival to make them feel like a part of the college.

Another big issue at the meeting was the 12 per cent increase in registration, which includes co-op and international students. Business, technology, applied arts and health sciences enrollment increased 12 to 15 per cent.

Harris said there are currently 5,737 students enrolled at the college, which may drop 2 or 2.5 per cent by November.

Tibbits added that Conestoga's enrollment growth is bigger than Wilfrid Laurier University's this year.

With the double cohort coming into effect, Harris said Conestoga might be looking at 6,000 to 7,000 students next year.

Even though this seems like a lot of students, Tibbits said the college still needs a bigger presence of students from the Guelph area, as they make up only seven per cent of the student body.

"The area we draw the least from is Guelph," said Tibbits. "We could have a campus this big in Guelph."

COUNSELLOR'S CORNER: Loneliness

Many of you are here from out of town; some are living away from home for the first time. What a change! There's no one to report to about what you are doing and when. Curfew - what's a curfew? There is also no one to ask, "How was your day?" "What time would you like to have dinner?" and to say "I love you."

The excitement of new freedom and opportunity may be tempered by homesickness - missing your family, friends and community. Slowly, you'll get to know some of your classmates, faculty, roommates and other peers. Perhaps you'll get involved in intramural activities at the Recreation Centre and clubs and events through the student government. Read *Spoke*, your school newspaper, to familiarize yourself with happenings on campus.

You can meet with a counsellor in Student Services to talk about adjusting to your environment and to do some problem solving about getting involved in your college and your new community.

A Message from Student Services (Room 2B02)



(Photo by Rebecca Learn)

A place in the sun

Victoria Cafik, 20, enjoys the warm weather while working on her general business homework outside Door 5 at the Doon Campus.

Opinions vary on pot issue

By HALLEY McPOLIN

To legalize or not to legalize. That is the question that has been on the lips of many since the controversial argument on Sept. 5 by Senate committee members that marijuana should not only be decriminalized, but legally attainable by those as young as 16.

The argument has created several conflicting reactions from the general public, but there's no doubt that everyone has an opinion. For some, the idea of less tax dollars going into the never-ending "war" on marijuana is enough to want change, while others who believe pot to be a dangerous gateway drug feel it to be in our best interest to stay consistent with our drug laws. That, of course, brings up the ever-popular argument against cigarettes and alcohol, both of which have addictive qualities, intoxicating effects and proven health risks.

Amy, a 22-year-old direct care worker who volunteers at a local group home for children between the ages of 6 and 12 years of age, says she can't see any negative side effects to legalizing a drug that is already too easily attainable.

"They're going to smoke it anyway," Amy, who refused to give her last name, said of marijuana. "This way it can be somewhat controlled or monitored. Quality can be managed, potency can be managed. One can know how much to take at one time."

The receiving home where Amy works is a short-term care facility that receives troubled youth in order to assess them and

discover their needs to decide where they should go from there - whether it's foster care, a treatment centre or therapy to name a few.

Amy's concern lies in the future of kids that may be potentially destroying their futures by participating in an activity that is, in her opinion, no more harmful than smoking a cigarette.

"Because the kid who's 17 and charged goes into an opened or closed custody youth centre, generally speaking, and starts getting into that lifestyle. They then turn 18 and by committing

"You wouldn't see a pot-smoker go rob a corner store...we're too lazy!"

Medicinal marijuana user

the same crime they land in jail for five years."

In Amy's opinion the strong laws against marijuana not only cost taxpayers needlessly, but also create a greater strain on our youth that could be avoided with simple knowledge...knowledge that is often denied as a result of a persistent taboo.

The most recent argument for marijuana has been directed towards the intoxicating effects versus that of alcohol.

"From everything I've heard it's less damaging on the body physically," says Amy, who admits she's no expert. "People who are stoned tend to know it more and are more in control. They are also less aggressive, volatile and self-destructive as when they're drunk."

Peggy, a 38-year-old who suf-

fers from multiple sclerosis, agrees. "A lot of people get angry (on alcohol,) it's such a depressant. Marijuana isn't a depressant, you wouldn't see a pot-smoker go rob a corner store...we're too lazy!"

Peggy, who did not want to use her real name, smokes marijuana to control the effects of MS which include tremors, fatigue, and speech impairment. At one point she lost the ability to form sentences for two weeks.

"I knew in my head what I wanted to say but everything came out upside down and backwards...it was really strenuous."

Peggy, whose tremors were evident even as she spoke, said the only medication available to her at the time was steroids. She began to use marijuana regularly for her symptoms in 1991; the pot, she says, allows her to live a more normal, pain-free life. She does not have a prescription for it however - she says she would prefer not to have the attention fighting to get it would bring. It has been less of a battle to obtain it through reliable underground sources.

Peggy believes there may be an added benefit to legalizing the drug: "The government can make some money off it, maybe get rid of the deficit."

Although the controversy surrounding whether marijuana should be legalized, decriminalized or remain as it is continues, most will agree that there is no easy answer. Nor is there a resolution in sight.

"I don't think (legalization on marijuana) is going to happen in my lifetime," says Peggy. "and I plan on living a lot of years."

Exercise and healthy eating important for college students

By JEFF MORLEY

Students do have a choice. We make countless choices daily, but the most important choices may be our nutritional ones.

According to registered dietician and professional home economist, Bonnie Lacroix, good nutrition is to "choose your time well and to choose your food well." This may seem like an impossible task with uncompromising hectic student schedules and stubborn budgets.

However, Lacroix could be considered an expert considering she has gone back to school to earn her doctorate in food safety herself. The University of Guelph graduate and research assistant believes that eating properly is a question of making certain lifestyle choices.

Firstly, she suggests having breakfast. She stresses the importance of a good breakfast, likening it to a road trip. Before you go you put fuel in the car. In order to "go" during the day you have to get a good nutritional start. Lacroix suggests having a bread or cereal, a fruit juice, milk or yogurt and maybe one egg. By simply follow-

ing the four food groups a student can guarantee a nutritious and balanced meal anytime of the day.

The dietician also recommends walking or riding a bicycle to school. College life can be particularly sedentary due to the hours in front of a computer screen or just sitting in a lecture. "Exercise is very important" and not only does it stimulate your body, it stimulates your mind as well. Exercise also serves as a good study break by relieving stress and easing the pressures of everyday life.

Another important lifestyle choice is to plan your week. Make a grocery list to avoid impulse buying that tends to be expensive and prepare food ahead of time. This can save time later on when you are particularly busy. Moreover, on those busiest evenings plan to make something quick and easy, such as a frozen dinner. On other nights that are more relaxed devote a little more time to cooking a good dinner. This may be particularly daunting for some, but remember that "food is really exciting (and there are) lots of ways of eating different things."

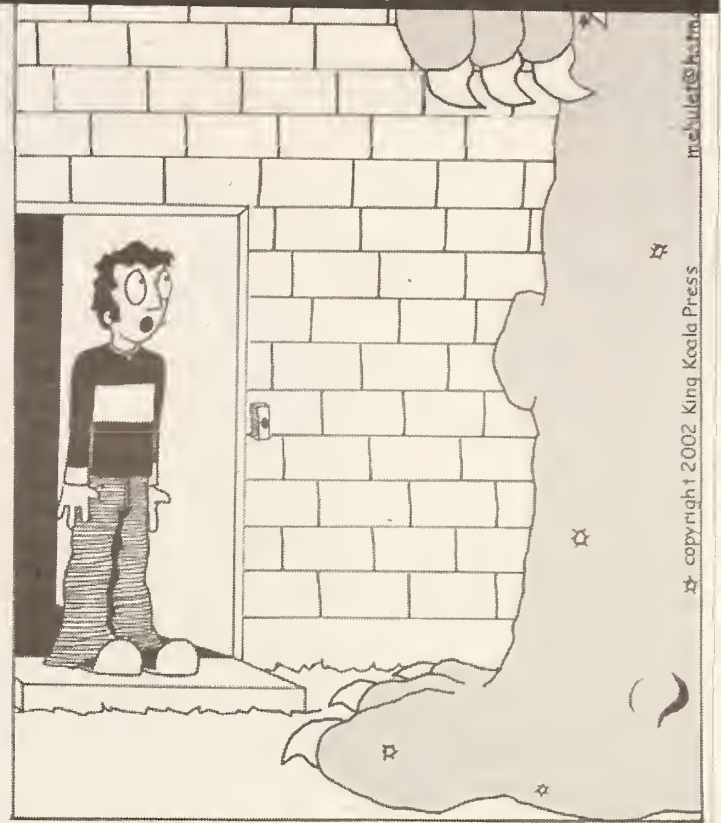
By keeping your diet diverse you also make it interesting. Moreover, you ensure the necessary intake of nutrients and vitamins on a daily basis. Lacroix recommends eating smaller portions at meals while eating "a wide variety of foods."

Students should also choose foods that are low in fat, such as fruits and vegetables. Lacroix continues by saying that this may be challenging for students because "mother isn't saying eat your vegetables." However, fruits and vegetables are a great source of energy, vitamins and nutrients.

Lacroix says college is full of "new experiences, new adventures" and by making informed decisions you can make the best lifestyle choices for you. But above all she says to "work hard and enjoy."

For more information contact Joy Hancock in the school Health Office in Room 2B06. Students can also look for more nutritional information on the Internet at www.dietician.ca or can look at the Canadian Health Guide at www.hc-sc.gc.ca/hppb/nutrition/pube/foodguide/index.html.

FREAK SHOW by Marc Hulet



ROBERT SUDDENLY WISHED HE HAD BEEN NICER TO GODZILLA JR. IN HIGH SCHOOL... HE HAD UNDER GONE A LARGE GROWTH SPURT IN COLLEGE.

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Defining remembrance

The first anniversary is always a significant one. It is reliving and revisiting what we saw and experienced for the first time.

On Sept. 11, it meant conjuring up the horrifying feelings we faced last year. And, it was the bitter knowledge of realizing when we fell asleep Sept. 10, the next morning was and will possibly always be in remembrance of terror.

As America's neighbour, Canada and its citizens took time to remember on Sept. 11, recognizing the people, firefighters, police officers and many others who died. Many of us, unknowing of what it would have felt like to be in New York City, at the Pentagon, or on Flight 93 that morning, felt compelled to pause and reflect, for the attacks truly touched us all. For most of us, it is hard to imagine a year where we would not remember the attacks. Whether bombarded by CNN headlines or simply trying to understand why, the imagery has been unavoidable and is forever burned into our memories. We remembered this year, but what will next year bring, or the year after that?

For students at Conestoga College, Sept. 11 is easily the most horrific and terrifying event of their lifetime thus far.

For most of their parents and grandparents, it was the Kennedy assassination or the events at Pearl Harbor that were two major and defining moments of their generations. However, parents and grandparents now share in the shock that was witnessed on television.

As Sept. 11, 2002 dawned, it hurt remembering the initial shock and worry of last year after watching planes deliberately fly into the Trade Towers. Tens of thousands were initially presumed dead, CNN's breaking news headlines were never ending, and the plain mystery of why it had happened in the first place, baffled us all.

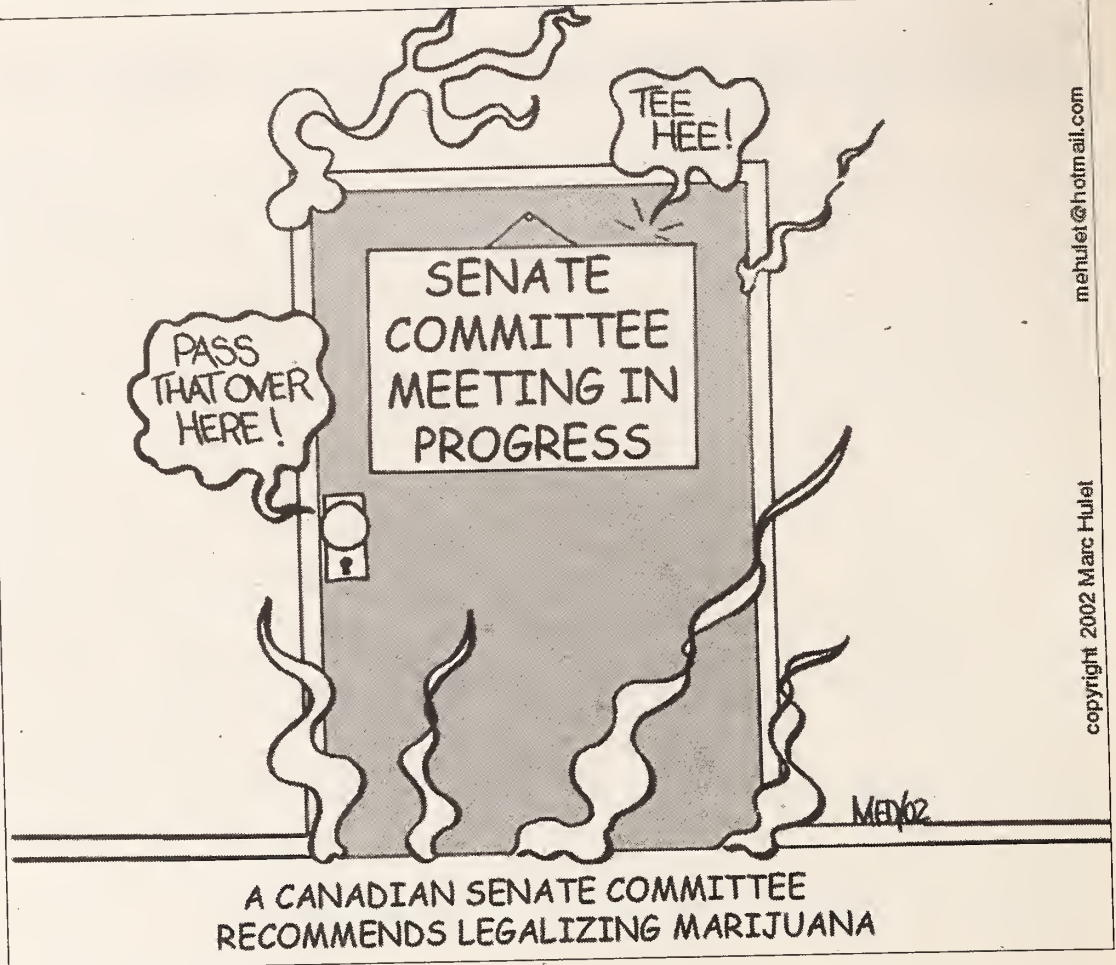
However, it can be easy to forget the days following the attacks. Forget how many people remained hopeful that their loved ones would return home. Their Sept. 11 was not just one day of horror, but perhaps months of despair that have not lessened in 365 days.

There is little comfort in knowing there may be future attacks and that America now lives under a warning system of colours, indicating the risk level of potential terrorist attacks. Almost everything in normal-day life seems to be relate back to 9/11, and it remains difficult to feel 100 per cent safe traveling by air or venturing into the United States.

World leaders have assured us of their efforts to eliminate terrorism and enhance safety developments. Canada has sought to play an important role. Our airports have made changes and our armed forces have fought in Afghanistan. However, as citizens of Canada, as students and families, it may seem difficult to believe we could ever make a difference in our post-Sept. 11 world.

However, it makes a difference to simply pause and reflect. It helps us all to recognize the moments of silence and pay respect to those who lost their lives. When it is all too easy to sit back and feel sorry for ourselves and think our day is much worse than anyone else's, we should always remember the rights we have been given and the freedom we live with.

And, we should try to remember our good fortune of living in our beautiful country. Even when Sept. 11 was a horrible attack on freedom, the rebuilding is taking place. And remembering is an important part of that rebuilding.



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Legalizing pot bad idea

A Senate committee recently recommended that marijuana be legalized.

It appears the senators have been smoking a little too much 'wacky tabacky' themselves. Legalizing marijuana would present our society with even more problems than we are already facing with smoking and alcohol.

We're currently trying to curtail smoking by slowly eliminating it from public forums. And taxes on cigarettes have recently shot up. Why should we now allow people to smoke pot after 79 years of deeming it illegal and taboo?

Admittedly there have been a few good things to come from the marijuana plant.

I am all for the use of hemp to help ease the dent we have made in the tree population over the years to meet demands for paper and other products.

The use of marijuana as a medicinal supplement is a little harder for me to swallow, but I understand how it can help to ease someone's pain.



Marc Hulet

Opinion

As of February 2002, the Toronto Star reported 750 people in Canada had been granted permission to possess up to 30 days' worth of pot. People allowed to use marijuana for medical purposes include those suffering from AIDS, cancer and multiple sclerosis.

Those diseases all have nasty symptoms and side-effects. Using marijuana to ease the pain of those who are dying is an act of compassion.

My dad died from multiple sclerosis last year after a long, painful battle - he never used pot to ease his suffering. After seeing him go through that I can't, in good conscience, say it would be wrong to smoke pot in such a situation.

However, I can't see allowing a

16-year-old to toke up legally whenever he or she wants as a good thing. Kids (and adults) have enough trouble getting their lives in order without having to do it through a haze of foggy thoughts.

And if the legal drinking age is 19 and you have to be 18 to purchase smokes, why would we allow 16-year-olds to toke up, as was suggested recently by the Senate committee? If 16-year-olds are not responsible enough to drink at the age of 16, then why should they be allowed to smoke pot?

Advocates of legalized marijuana say pot isn't nearly as bad as drinking alcohol or smoking tobacco, which in most cases may be true, but it wasn't by accident that pot was banned.

I heard someone defending pot recently. They said all it does is make you relaxed, laugh or eat. There's a lot more to it than that - but even if there wasn't - don't we have enough lethargic, immature, out-of-shape people even without legalizing pot?



Letters are welcome

Spoke welcomes letters to the editor. Letters should be signed and include the name and telephone number of the writer. Writers will be contacted for verification.

No unsigned letters will be published. Letters should be no longer than 500 words.

Spoke reserves the right to edit any letter for publication.

Address correspondence to:
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Room 4B14, Kitchener, Ont.,
N2G 4M4

Spoke

is published and produced weekly by the journalism students of Conestoga College
This edition of Spoke is dedicated to the memory of former Journalism Print and Broadcast student
Mike Metzger.

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Spoke is mainly funded from September to May by a payment from Conestoga Students Inc. (CSI) in exchange for the insertion of advertising in the paper. The views and opinions expressed in this newspaper do not necessarily reflect the views of Conestoga College or the CSI. Advertisers in Spoke are not endorsed by the CSI unless their advertisements contain the CSI logo. Spoke shall not be liable for any damages arising out of errors in advertising beyond the amount paid for the space. Letters to the editor are subject to acceptance or rejection and must not contain any libellous statements.

Advertising program uses fresh learning techniques

By BRANDI STEVENSON

Conestoga's new advertising program offers more than just applied learning.

Deborah Reyner, a former marketing teacher and co-ordinator of this new program, plans to employ experiential learning.

Reyner said that experiential learning goes beyond applied. Instead of just doing a case study or an assignment, "we're going to make them feel it, touch it, taste it, see it," she said.

For example, Reyner plans to bring in different scented candles to class to try to evoke her students' senses and thoughts.

"Experiential learning is what's going to make this particular program unique in Ontario," she said.

Another unique aspect of this program will be the students involvement in the school. As part of their mark, advertising students will be helping out with CSI events. Reyner said, "We're going to be very involved with the college in a positive way."

This involvement will generate interest within the school and the

community. Reyner thinks that even the title of advertising will grab attention. "It's an interesting, very sexy title," she said.

The program will focus on integrated marketing communications. This is every aspect of communicating to customers. It could be sales promotions, TV or radio advertisements, direct mail, sponsorships, or event planning. The most important element to integrated marketing communications is making sure that all of these communication methods are "co-ordinated and consistent to send out a more powerful, more efficient and more effective message to the customers," Reyner said.

Right now, the program has two full-time teachers, Reyner and Joe Romer. Reyner, who taught marketing at the school for more than 10 years, will be teaching her students the basic concepts and theories. Romer will teach them the creative aspects of advertising and hands-on learning.

Reyner, who fondly called Romer a creative genius, said they are a really good team.



(Photo by Brandi Stevenson)

Joe Romer, an advertising teacher, and Deborah Reyner, advertising co-ordinator, are shown standing in the new office. A classroom was converted to office space to accommodate faculty.

Jared McIntosh, 20, and Beth Van Dommelen, 19, are two of the 33 students enrolled in the program. McIntosh said he was attracted to advertising because he sees it everywhere and likes logos and layouts. He heard Conestoga has "amazing teachers and good technology," so he decided to come here.

Van Dommelen has always liked the arts and was attracted to the creative side of advertising. "I like thinking up new ideas," she said, "stuff that's catchy, stuff that people will really get into."

So far, both students said they are enjoying the program. They added that participating and voicing opinions are key elements.

When he applied, McIntosh knew that this was a new program. He was proud of himself when he got accepted. "I felt really good knowing I was accepted out of 500 people," he said.

On the other hand, Van Dommelen was unaware that this was a new program. "There's a little bit of pressure on you because you've got to come out strong and set an example for the next classes."

Nursing program undergoes changes

By IZABELA ZARZYCKA

The nursing program at Conestoga College has gone through some major changes this year.

It is now a degree program with a practical nursing component. This four-year program is associated with McMaster University and is based on the university's course outline. The new program allows students to work in small groups as well as in a clinical environment. The diploma program is no longer offered at the college.

The degree and practical nursing program offers better and also harder curriculum. There will be "new expectations" for the degree program, said Ruth Heard, a nursing teacher, which means that students will be required to work harder to earn the marks.

Heard also said that there will be new rules regarding uniforms and lab coats. Uniforms will only be allowed in clinical environments and lab coats will not be worn in labs.

Along with the changes to the program, there has been a change in the location of the nursing faculty. The faculty has moved into the new part of the building.

"The classroom environment is wonderful," said Heard. The faculty is "really happy" about the move.

"We have our own computers and phones," said Ardelle Darling, a teacher in the nursing program, "we are ecstatic."

Darling compared the new side to the old by saying "before there was one big room and four phones for all of us."

The move gives students better access to the teachers and faculty have their own pods and more space to visit with students.

VOLUNTEERS NEEDED

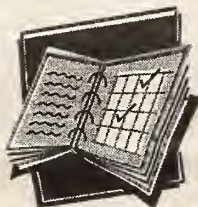
Volunteer with a child at their school and help improve their self-esteem and confidence.

1-3 hours a week commitment.

Call 744-7645 X317

TIPS FOR ACADEMIC SUCCESS

Tip of the week



KEEP UP. It's more manageable to do a little every day on reading and assignments than to try to catch up on a week's worth of work on a Sunday afternoon.

REVIEW CLASS NOTES. Reviewing class notes as soon as possible after class increases understanding and retention.

ENGAGE IN ACTIVE LEARNING. Transfer your notes or summarize information. Organize and rewrite your notes, make a chart, diagram or flashcards. Discuss or teach what you are learning to another person. Anytime you can interact with or think about the information in a new way you increase understanding and retention.

STUDY WHEN YOU ARE AT YOUR BEST. Are you a morning person? A night person? Can you study during your lunch hour and still be productive in the afternoon? Do you need to find time after work? Setting aside a quiet, separate place in your home that will be your study place and always studying there is an effective strategy.



SET REASONABLE STUDY GOALS. After studying your effectiveness is reduced. Take breaks often. The average attention span of an adult is approximately 30 minutes. Find your optimum attention span and study accordingly.



SKILLS THAT YOU NEED FOR LEARNING are the same skills you have already developed by juggling multiple responsibilities: managing time, setting priorities, asking questions, and knowing yourself. These are the skills that make learners successful. Add motivation and desire to them and the formula for success is complete.



Rec centre bustling with activity

By DANIEL ROTH

The major renovations are complete and both Kenneth E. Hunter Recreation Centre and the newly opened Over Time Sports Bar have never been busier.

No one is happier than Tony Martin, director of development for athletics and the recreation centre.

"Everyone's enjoying the facility far more than they ever did before," he said. "It's a very busy centre now, student activity has increased tenfold."

He estimates between 500 and 700 people come through the rec centre in a day.

Some of the most recent additions to the centre include televisions installed in the fitness centre and a large screen TV in Over Time Sports Bar (O.T.s).

Martin is also excited about some of the new programs and sports introduced including Thai Chi and yoga.

Personal trainers have been added to the fitness centre and Martin is pleased to announce a new competitive sport. "We've introduced rugby as a varsity sport," he said.

Other perks for the varsity teams this year have been provided by a major sponsor. "Molsons have helped us out by giving us a sports bag for every varsity player," he said.



(Photo by Daniel Roth)

At the newly renovated rec centre and sports bar are (left to right) Kandace Knight, greeter, Tony Martin, director of development for athletics and the recreation centre, and former athletics officer Doug Perkins.

Moving O.T.s to the vacant corridor in the heart of the centre was a smart move. The extra space and welcoming atmosphere has drawn significantly more patrons. Martin describes the change as dramatic.

"For the first time ever we've made a profit," he said.

The profit may not be large, but it is a profit just the same according to Martin. He credits the success to a new approach of serving

the patrons.

"We're offering a larger variety of food, and a special barbecue price for all staff and students," he said.

If a class or organization wishes to use the rec centre to host a party or event the staff will prepare the event.

"We would do all the work for them, get the barbecues, order the pizzas or whatever," he said.

There is still room for small

improvements to O.T.s though. Martin would like to add two sofas and a chair.

"If anyone wants to donate them they would be honoured in some way or another," he said, and added the old ones from the Sanctuary would be just fine.

Martin is always looking to make improvements to the rec centre. "I'm diligently working to try and get some funding for a new gym floor, which is desperately needed," he said, adding new seating around the gymnasium is also a priority.

He is working with Conestoga Residence to encourage the students to use the centre in their time away from school.

"Activities are minimal if they don't have a vehicle," he said.

O.T.s is a great place to relax and has accommodating hours. It is open from 11 a.m. through 11 p.m. Monday to Friday, and from 11 a.m. until close on weekends. The centre closes at different times on the weekend depending on what activities are going on at the school.

Martin wants to give the students what they want to see. "We're trying to encourage them and we want encouragement from them," he said, adding anyone is welcome to drop off suggestions at the bar.

He is trying to organize theme nights similar to those in the Sanctuary, but with a different

style. "Molsons has started to help us out with promotions to get the students in residence involved on a regular basis," he said.

Martin doesn't want to make the rec centre into a bar. "We want it to be an activity centre, a place where you go as a student and activity is around. Not a pub."

Martin said it's an alternative place to socialize. "It's not noisy, it's a different diversion than the Sanctuary," he said.

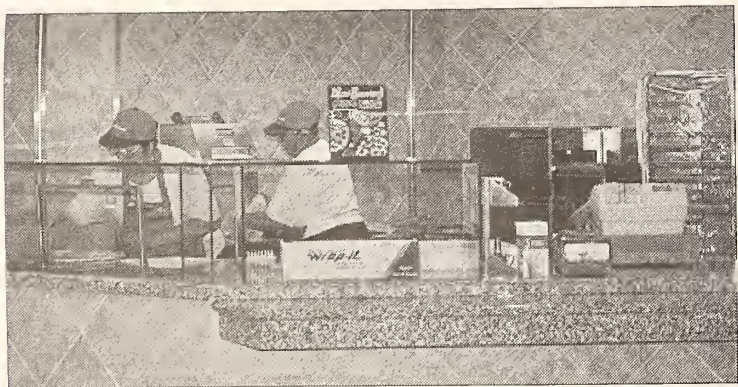
Activities are going on in the rec centre everyday. And getting activity information for the centre has never been easier.

A hotline has been implemented to make it easier for the students or members to find out what is going on in the rec centre. The hotline number is 748-3565 or ext. 3565 from within the schools phone network.

Martin is also proud of the Web site for the rec centre. "It's updated everyday," he said.

Students can get up-to-date information by going to the rec centre link on Conestoga's home page at www.conestogac.on.ca/rec_centre.

The Web site has all the information as to what is going on that week in the rec centre, as well as current information regarding varsity sports. Martin says there is no better source to find out what is going on.



(Photo by Diana O'Neill)

Sandra Hawco (left) and Roberta Drimmie cook up a storm at the Pizza Hut in the new cafeteria.

Lunch is served

By DIANA O'NEILL

The cafeteria that opened in the new E-wing is ready to start serving all those hungry Conestoga students. In an area slightly smaller than Dooners, it currently consists of a Pizza Pizza, with a Mr. Sub coming soon.

John Kast, food service director, is excited with the new development and hopes the word will spread about the facility. Its location at 1E04 and 1E05 in the new wing makes it susceptible to people just passing by. Little do they know that a set of descending stairs, just to the left of the main entrance, will lead them to a fresh spin on eating.

The Pizza Pizza outlet is up and running, operating 10 a.m. to 2 p.m. Monday to Friday. However, the Mr. Sub's opening has been held back due to millwork not being completed.

By now students are familiar

with the sub stand in the main cafeteria, but will be glad to know that its relocation to the new wing will enable it to offer a fuller menu. Slated to open Sept. 16, the outlet will be serving coffee and limited breakfast items, as well as more choices to go alongside a tasty sandwich, such as soups and salads. Another bonus of the move includes the capacity to make the buns on location. "That will definitely be a key feature of the relocation," adds Kast.

Amy Hanje, an employee of Mr. Sub, is predicting that the larger setup will "bring more business." The 23-year-old is hoping that the increased menu of breakfast items, as well as baked goods, added to their regular subs will draw more of a crowd. Their newly extended hours of 7:30 a.m. to 7 p.m., Monday to Thursday, and closing at 2 p.m. on Fridays, is also sure to encourage students to check out the new setup.



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- γ pregnancy testing
- γ a place to rest when you are ill

Students taste freedom

By KATE D. VANDEVEN

This year at the Conestoga Residence and Conference Centre, 533 students have moved in, 400 of which are first-year students, ready for a life of freedom and independence.

This is not only a time for students to experience life with no parents, but also a time for parents to experience the loss of their child to the real world.

Martha Johnstone, a manager at the residence, says that on average, 200 parents call in the first couple of weeks of school. Some of their worries include payments, roommates, long distance and drinking.

These are not just concerns of the parents though, but also of the students. In order to make the transition into residence a less stressful experience for both the parents and the students, residence provides many accommodations and activities to make their stay at Conestoga a pleasant one.

Activities such as bus trips, all-age events and floor events all create a social environment for students to make friends and have some fun. Barbecues, all-age bar trips and zone challenges, which are floors competing against each

other in games in order to win zone points, are just some of the activities that are included in everyday life in residence.

Along with these activities, accommodations such as floor meetings, 24-hour availability of resident workers, same age roommates and a social orientation committee which help students move in, are available to all first-year students.

Johnstone says that she finds the first-years have difficulty "being on their own and having a schedule."

First-year marketing student John St. Louis, 19, of Kapuskasing, says that he loves having the "freedom of no parents," but is having difficulty adjusting to "looking out for myself instead of my parents doing it." He is also not enjoying having to do his own laundry, his own grocery shopping and getting himself up in the morning.

As most first-years all have common dislikes, first-year broadcasting student Colin Burwell, 18, of Whitby says that these tasks are "nothing out the ordinary" for him. He explains that while living at home he had a lot of "independence" from his parents and living in residence for him is just "the first step into becoming the man I want to be."

First-year business administration management student Christa Campbell, 19, of Brantford, is looking forward to the independence and "being out on her own," but is having difficulty adjusting to "having to be my own motivator." Other areas of difficulty include, lack of sleep, diet and having to share a room.

Likewise, first-year aviation student, Aaron Foster, 18, of Windsor, is happy with, as he puts it, "absolute freedom," but is having difficulty adjusting to the lack of sleep, diet and waking up in the morning.

The likes of residence are the same with all first-years. Meeting new people, independence, resident events and of course, parties, are all listed as top advantages of living in residence.

But this year, residence is taking a new spin on alcohol-related events. As resident adviser Debbie Brock, 20, states, there is a "bigger emphasis on zone challenges this year," and "less emphasis on alcohol."

With same age roommates and all-age events, Johnstone says that residence is looking to provide first-years with "non-alcoholic fun."



(Photo by Kate D. VandeVen)

First-year marketing student John St. Louis puts away groceries, just one of the jobs he's responsible for as an independent college student.

Alumni association doubles sales at commencement

By JASON MIDDLETON

Conestoga College's alumni services had a successful fund-raiser at this summer's commencement ceremony.

Film, disposable cameras, flowers and diploma frames were all sold at the four convocation services that took place June 19 and 20.

"We doubled the sales of film and sold out of the disposable cameras," said Monica Himmelman, the alumni services officer.

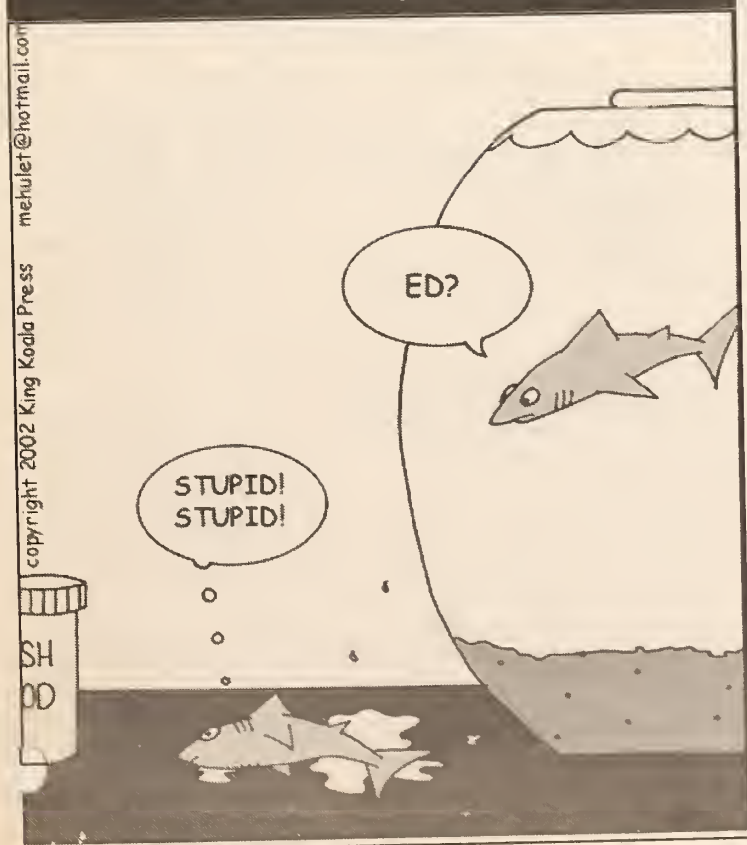
The sales of the fund-raiser have yet to be totalled, but Himmelman says total sales of the flowers reached \$1,200.

Diploma frames were also popular at commencement.

The frames, which were available in wood, polished brass, or mahogany finishes, were snapped up by graduates wanting to display their diplomas.

Proceeds from the fund-raising are given back to the college through awards, equipment, and bursaries.

FREAK SHOW by Marc Hulet



GROUPS AND WORKSHOP SCHEDULE

Fall, 2002

**REGISTER IN STUDENT SERVICES (Room 2B02 Ext. 3360)

GROUP	# OF SESSIONS	REGISTER BEFORE	START DATE	FACILITATOR
Multicultural Support Group	6	October 4 th	Week of October 7	Keith Martin
Public Speaking Anxiety	4	October 23 rd	Week of October 28	Shawna Bernard
Test Anxiety Group	4	October 23 rd	Week of October 28	Joan Magazine
Suicide Prevention Session	1	TBA	In October Exact date to be announced	Barb Kraler
Virtual Mature Student Community	On Line	Ongoing throughout Semester	September 17	Joy Tomasevic

THE FOLLOWING LEARNING AND STUDY SKILLS WORKSHOPS WILL BE OFFERED ONCE A SEMESTER AND OPEN TO ALL STUDENTS.

WORKSHOP	# OF SESSIONS	REGISTER BEFORE	START DATE	FACILITATOR
Time Management	1	Sept 17 or Oct 7	Sept 19 or Oct 9 @ 12:30-1:30	Joy Tomasevic
Textbook Reading	1	Sept 23	Sept 26 @ 11:30-12:30	Joy Tomasevic
Note Taking	1	Oct 1	Oct 3 @ 12:30-1:30	Joy Tomasevic
Multiple Choice Test Taking	1	Oct 8	Oct 10 @ 11:30-12:30	Joy Tomasevic
Preparing For Finals	1	Nov 19	Nov 21 @ 12:30-1:30	Joy Tomasevic

When signing up for a group, please leave a copy of your timetable, highlighted with times when you are free. Every attempt is made to accommodate the timetables of the majority of registrants. The more times you are free, the more likely it is that we can accommodate you. Once a time and place have been established, we will contact you or you can check in with us if you prefer.

Some workshops have established times and rooms. Check when you register.

For information about Winter 2003 Workshops, drop into Student Services 2B02 or call ext. 3360.

H:\Group Workshops\2002 Workshops\2002 Workshop Schedule fall.doc

College prepares student for career

By JANINE TOMS

Are students getting the skills they need to be successful in their field? Conestoga College graduate Shane Grace feels his education prepared him for the workforce. Grace graduated from the practical nursing program at Conestoga College in 1999. Today he is an occupational nurse in the health centre at Kuntz Electroplating in Kitchener.

After graduation, Grace had the opportunity to use his education in a variety of nursing jobs throughout Ontario. He obtained his first nursing position in Muskoka, Ont. providing at-home private care to a stroke victim. He continued the three-month position for two consecutive summers, while maintaining part-time work of overflow patients at a community care access-centre in Kitchener.

After attending a job fair in Toronto, Grace found employment up north at a native reserve in Attawapiskat, Ont.

Grace, with as few as six colleagues, would perform all medical duties required within the isolated community of 17,000. And with no on-site doctor, Grace had to consult doctors or pharmacists by phone.

"If someone had a toothache, I'd have to assess the situation based on the guidelines I had available in order to treat it."

He feels his year-and-a-half in Attawapiskat has given him an advanced scope of his practice,



(Photo by Janine Toms)

Occupational nurse Shane Grace, at Kuntz Electroplating in Kitchener, is a 1999 graduate of the practical nursing program at Conestoga College.

while applying the skills of his education.

At Conestoga College Grace used a wide range of skills that have benefited his career.

"Our class would learn a theory, practise it in the labs, and apply it to real-life situations."

The college gave him hands-on employment experience in an assortment of health-related fields.

"Clinical rotation prepared me for the workforce by receiving a taste of many different medical areas," he said.

Grace realizes that no matter what the situation, you have to be prepared.

"Whatever walks through the door, you have to deal with."

Focus for Change course helps out new moms

By PETR CIHACEK

Under-employed single mothers are being provided with a great opportunity to not only improve their social status, but their lives.

Focus For Change, a program that started on Sept. 9 at the Conestoga College Cambridge campus, will give them the skills necessary to make a brighter future for themselves and their children.

"The main objective is to make a better life for these women," said

Dianne Murphy, the program group facilitator. "They're looking to (improve) their life and they do that through self-exploration, market information exploration, action planning and decision taking."

The 12-week program is for women who are on social assistance through Ontario Works.

"The majority of them are single moms," said Murphy. "They can be anywhere from 19 and up."

Currently, there are 16 students enrolled in the program in

Cambridge. One of them, Lynne Jones, said her expectation from the program is to get a "game plan."

"The main thing is to know where I'm going and what I'm going to be doing," she said. "(This program) will help a lot, I'm sure."

The 33-year-old single mother seemed to be excited about the program. "I've been talking to people who have been in it and I've heard nothing but good about it, just wonderful."

Jones is not the only one to praise the program. Therese Kerr, a 33-year-old mother of one from Cambridge who took Focus For Change last September, said that it really changed her life "big time" as she learned how to research the market, careers and how to network better.

Kerr has made great progress since she left Focus For Change: this month she entered the Recreation and Leisure Services program at the Doon campus and she plans to work in a resort in Hawaii after completing the program.

During the first 10 weeks of the 12-week program, students take courses such as personal management and employment strategies. Then, when they decide what career path they wish to follow, a two-week "reality check" takes place.

"They go and shadow someone who works in that field," said

Murphy. "They have a chance to test it out, it's quite exciting, actually."

Students appreciate the fact that there is no cost to enter the program.

"The cost is covered through the Ministry of Training, Colleges and Universities," explained Murphy. "And day care and transportation is given (financial) support through the region."

Unfortunately, women who would like to enrol in the program in Cambridge will have to wait till next September as the program runs just once a year there. The Doon campus doesn't offer such a program at all. Murphy said it "wouldn't make sense" to launch the program there.

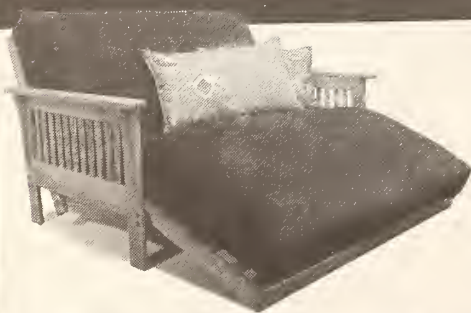
"We try to be available to the target groups so the areas we offer are usually more accessible," said she, adding that on the Waterloo campus the program is ongoing.

EAST WEST FUTONS

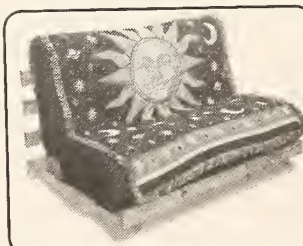
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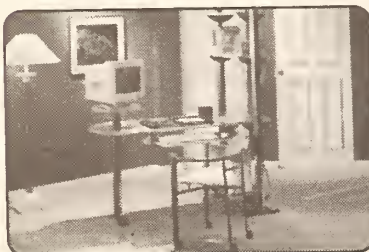


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and 8" Futon
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Skills Canada encourages Ontario students to consider careers in skilled trades

By ABBI DAVIES

For the past 13 years, Skills Canada has been providing Ontario students with the opportunity to show off their talents.

Skills Canada, a non-profit organization of educators, trainers, employers and government officials, is responsible for co-ordinating the annual four-day long Ontario Technological Skills Competition, in which Conestoga students have been successful in past years, as well as many other events throughout the year.

The competition gives students from across Ontario a forum to showcase their talents as well as an opportunity to test their skills against industry standards in areas ranging from carpentry and precision machining to culinary arts and hairstyling.

Last year the event attracted more than 700 competitors from across the province. "Ontario's highly skilled, well-educated workforce is one of

our province's key competitive advantages," said Dianne Cunningham, minister of training, colleges and universities, in an Ontario government press release.

Other Skills Canada events coming up are the Skills Work for Women conference in Toronto on Oct. 8, as well as cardboard boat races, which will be taking place on Oct. 24 in both London and Nepean, Ont.

In the cardboard boat race, teams of competitors are challenged to design their own boats, which will then be put to the test against other more competitors in several different areas such as fastest boat and the boat that can carry the most weight.

Presently, Skills Canada, which moved to a new Kitchener location at 630 Riverbend Dr., Suite 102 on Aug. 1, is searching for past participants of the Ontario Technological Skills Competition as they are looking to make an archive of past competitors.

NEW LOCATION: 120 King St. South (Across from Waterloo Town Square) Tel. 519.725.7000

Conestoga computers, labs undergo face-lift

By ANDREA R. SMITH

If you think you were busy this summer, imagine having to upgrade more than a thousand computers and install new computer labs.

Between the months of June and August, Conestoga College Computer Services personnel upgraded 1,325 computers with Windows XP on all campuses including Stratford and Waterloo.

"Windows XP has more reliability and compatibility (than Windows 1998)," said Richard Gibson, chief information officer

at Conestoga.

Within the next three to four years, Conestoga will also have eight computer labs which will be open to students to use in their free time.

The first 45-station lab was finished two weeks ago; it is located in Room 1B20.

Across the hall, in Room 1B21, is another computer lab that will open in one week with 30 stations. A lab in the CSI office will open at about the same time with 25 stations.

"With the five per cent increase of Conestoga's population this year, we felt that we had to respond

to the programming needs of the students," said Gibson.

There will be consultations in the future with program co-ordinators to decide what programs should be put in the new labs.

"We installed Windows XP because it is current. I want to see people get value," said Gibson.

Most of the funding came from student technology fees that they pay every year in their tuition. The college paid about \$200,000.

"The computers are a benefit to me this year because they are much faster," said Sean McCafferty, 22,

from the CPA program. "I think next year they should install rewritable burners."

"I don't really know how to use the upgraded computers," said Kayla Hickey, 19, from the nursing program. "I found it hard to find my e-mail."

Along with the upgrade there has been a new version of student e-mail, which includes calendars.

"I think the layout of Windows XP is its best feature," said Nicole Gibbings, 19, from LASA.

To make the older labs look a little better, 350 desks were replaced and

optical mice were set as a standard.

"There is also a plan to put telephones in the halls of 2A200 and 2A300 in late September," said Gibson. "This way someone can call for help if they need assistance with their computer."

With the upgrade came new software such as AutoCAD 2002, Mechanical desktop, Architectural desktop, Simply Accounting 9, Accpac for Windows Version 4.2 and more.

There is also a new version of QuarkXPress, new scanners and printers.

Career Fair coming Sept. 25

By SINEAD McGARRY

Dust off those resumes and begin fine-tuning them because the 2002 Career Fair is coming to a town near you.

The country's largest career fair will be arriving at RIM Park on Sept. 25, from 10 a.m. to 3 p.m.

The Career Fair is a giant information session that gives employers the opportunity to inform students and grads about their company. The Career Fair does not require the companies involved to have positions available, although many do.

Currently there are 150 companies registered for the fair, though the number continues to grow.

Don't forget to first visit career

services at Conestoga College in Room 2B04 and book a personal appointment for assistance for all

"The career fair is a great way to network with companies without having to travel to each individual outlet."

*Krista Lonergan,
student*

your job hunting needs before attending.

Take advantage of Career Services' free of charge info ses-

sions, tip sheets and literature. Sara Free, Conestoga's career services officer, also provides assistance on cover letter writing, resume builders and interviewing tips.

"This is an ideal time to perfect my resume before the career fair. I know how important a resume is and career services always has the answers to my questions," said Krista Lonergan from the career development practical program.

"The career fair is a great way to network with companies without having to travel to each individual outlet," said Lonergan.

Visit the Workopolis Web site or career services for further information on which companies are going to be represented at RIM Park.

FREAK SHOW by Marc Hulet



2002 CAREER FAIR

Over 150 Employers
in a single location

Where?

RIM PARK



VISIT CAREER
SERVICES, Room 2B04

- ~ Employer Guidebook
- ~ Career Fair information
- ~ Bus schedule
- ~ Resume/Cover Letter assistance

WEDNESDAY, SEPTEMBER 25, 2002

10:00 a.m. to 3:30 p.m.

Visit Doon Campus – Career Services (Rm 2B04)

Waterloo Campus - Student Services ❖ Guelph Campus - Main Office
or www.partners4employment.ca for Career Fair information and updates!

Pond party a success



(Photo by Aimee Wilson)

Nearly 3,000 people attended this year's Pond Party on Sept. 5. Attractions this year included the usual hot dogs, pop and beer and featured entertainment including McRorie One Man Live, The Trampoline Thing, Starwalk and Gladiator Jousting.



(Photo by Vanessa Laye)

Broadcasting student Fergus Lowrey (left) shows off his drumming skills by playing off of McRorie One Man Live at the Pond Party. McRoire Tait has been a drummer for 15 years and rocked the party with a variety of music.



(Photo by Aimee Wilson)

Cassandra Smith, 19, (left) and Amy Ruston, 19, both first-year electronics students, try the Gladiator Jousting at the Pond Party.



(Photo by Aimee Wilson)

Ivan Petracic, 19, a first-year telecommunications student, got a great view of the Pond Party while trying out The Trampoline Thing.



(Photo by Julie Graham)

Judy Dusick, general manager of Conestoga Students Inc., hands out calendars for the students during the Pond Party.



(Photo by Carrie Hoto)

Tarra Longmire (left) and Kevin Murphy, both first-year paramedic students, prepare to battle it out at the Gladiator Jousting event.



(Photo by Carrie Hoto)

The event provided a safe way for friends to let each other know how they really felt about each other.



(Photo by Vanessa Laye)

Teddy Mahy, a second-year recreation and leisure student, shows off his collection of goodies which he picked up during the Pond Party.

Conestoga College creating safe haven from harassment

By JULIANNA KERR

Harassment exists in many forms and finds a home in many places, but Conestoga's human resources department is doing everything in its power to control it.

Debra Croft, director of human resources, said all employees on campus have had training in human rights policies, including dealing with harassment.

She said Conestoga College has a detailed policy regarding the protection of human rights, which is based on the Ontario Human Rights Code. The policy outlines a commitment to providing a working and learning environment that is free of discrimination and harassment.

Croft said defining harassment is always a challenge. A personality conflict between two students who simply don't get along is not typically a situation in which harassment comes into play. It is much more likely to manifest itself in the form of offensive comments about a person's gender, race or sexual orientation.

According to Conestoga's policy, harassment refers to inappropriate remarks, gestures, jokes and innuendoes. It also includes unwanted questions about an individual's private life.

Croft said that in many cases, an individual might make a comment or tell a joke without realizing the effect it could have on someone else. These instances are often isolated and do not continue once that individual realizes the impact of their words.

It is when situations become more serious and the comments don't stop that Croft gets involved. "What we encourage individuals to do is tell that person - directly if possible - that the comment was hurtful, that they think it was inappropriate and that it made them feel uncomfortable," she said. "And that you would appreciate them not making those comments again."

Croft said that is a really important piece of advice. "For most people, most conflicts do get resolved at that level." Often that person has not meant to offend anyone.

If individuals are uncomfortable with the idea of confronting the person, Croft said they could go to her for help. "After we talk about it, they sometimes feel more comfortable going back and talking to that person," she said.

Another option would be to write a brief note explaining why the comment or joke was offensive. Individuals should also keep a written record of what was said and any

other details.

If harassment continues after a conversation or note, individuals still have many options.

"If they tried it on their own and that didn't seem to be successful, they could come to me," Croft said. "What I would do is sit down with both parties. It's a chance for them to be face to face and for one to explain to the other what happened and how it made them feel."

This kind of meeting gives each person an opportunity to discuss the situation and respond to concerns.

If harassment continues even after such a meeting, the individual could make a formal written complaint. Croft said the parties involved would then meet with her again. If there was still no resolution, an investigator would be brought in. It is very rare that instances of harassment go this far.

"Most people will respond positively if you tell them how it made you feel," she said.

The best way to avoid this kind of situation is to think about your words and actions.

"Put yourself in the position of the other person and think about how you'd like to be treated," Croft said. "Think about the comments you make and if you think someone might find them offensive, don't make them."



(Photo by Julianna Kerr)

Director of human resources Debra Croft looks after such details as employee records, hiring, and training and development. She also deals with human rights issues here on campus. All employees on campus are trained in human rights issues.

International students continue to flood Conestoga

By VALENTINA RAPOPORT

Conestoga College continues to spark high interest amongst international students.

This new school year the college will host more than 200 students from up to 25 different countries including China, Japan and Korea, who make up the majority of this year's students.

"We have been working (in different countries) for a number of years and Conestoga has a good name," said Conestoga's International Education director Larry Rechsteiner.

Students whose first language isn't English must first take a rec-

ognized international written test such as the Test of English as a Foreign Language (TOEFL) with a Test Written in English (TWE), or the International English Language Testing System (IELTS). The students may also take an in-house test when they arrive at the college, which is administered by the English language studies personnel. The tests determine how many semesters, (between 1-4), of the English Language Studies Program (ESL) course the student will take before proceeding with the post-secondary studies of their choice.

According to Rechsteiner, 75 to 80 per cent of international stu-

dents enroll in business or information technology programs.

Chantal Qian, 22, from Beijing, China arrived in Canada during

This new school year the college will host more than 200 students from up to 25 countries...

the last week of August to begin her studies this semester at Conestoga. Qian took the in-house test and is presently taking the ESL course at the college. She plans to study advertising after her ESL studies.

"The way teachers are (at Conestoga) makes students feel comfortable," said Qian, who learned about the college through a friend. She isn't quite sure which area of advertising she is interested in but does plan to study at the college for four years.

International students may request to live in residence or with Canadian families, referred to as homestay. The college also provides the students with a student host (a student volunteer) who spends one day a week with the international student. The host helps the student learn about Canadian culture as well as shows them around the college and

informs them about college resources.

"It's a one-on-one support system," said Melissa Turner, the college's Peer Services co-ordinator.

Turner said the peer host program has been successful in the past because it helps both students learn about other cultures and improve their communication skills.

This semester the college will have up to 25 peer hosts and according to Turner more volunteers are always welcome. Students may fill out an application in Room 2B02 to book an interview or log into the Student Services link at the Conestoga Web site.

Bookstore line-ups less hectic this year: Conestoga students

By REBECCA LEARN

The bookstore earned an A-plus for its efficiency during the chaotic first weeks of school.

According to many Conestoga students they were in and out quickly and had no trouble finding what they were looking for.

Accounting student Lea Prentice bought six books and said, "The cashiers were efficient and the books I wanted were all in one aisle."

Prentice said she only waited in line five minutes, but she found "the system of waiting in line outside rather than waiting at the register" less tedious.

She admitted that faster restocking would have been better because some books she wanted weren't on

"The cashiers were efficient and the books I wanted were all in one aisle."

*Lea Prentice,
accounting student*

the shelves yet. Overall, though, she said she had no problems finding what she wanted.

Civil engineer student Mike

Sampson said the signs hanging from the ceiling made it easy to find his five books.

"It was busy, but the first week that's expected," he said. He does think another checkout would help with the lines, but he found all his books without effort.

"Actually it was easy, it's the paying part that hurts," replied industrial electrician student Jeff Phipps, adding, "They give you a list of books you need, everything is right there."

Paige Graver, a paramedic student who had to buy 15 books, said she only had to wait 10 minutes in line and found all she was looking for.

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Music lovers 'down' with Kazaa

By IAN ROSS

Many students at Conestoga are using the newest Internet downloading program known as Kazaa. Everyone heard of the big Napster lawsuit but while all that was going on other programs such as Kazaa emerged and now have a stronghold on the market.

Kazaa is a program designed for users to exchange files over the Internet. You can download music, movies, games, programs

Kazaa is the No. 1 peer to peer application for downloading, playing and sharing files...

and just about anything that a computer can run. The thing that everyone likes about Kazaa is you can do all the downloading you want for free.

Many Conestoga students don't have a lot of money to spend on movies and CDs, especially after paying tuition and buying books.



(Photo by Ian Ross)

Brandon Thompson, 20, sits in his room on Sept. 6 to view a music video he downloaded from Kazaa.

Kazaa seems to be the solution to a student's limited budget since it has yet to introduce fees. "I use Kazaa to download rare and live

songs that you just can't find at CD stores," said Brandon Thompson, 20, a Conestoga College student. Thompson also said he uses Kazaa

to download music videos, live concerts and computer games. "If you can buy the CD in the store you shouldn't download it," added

Thompson. "I listen to new bands when I use Kazaa so I think it's good in that way to help promote them."

Record companies aren't happy that people download all the music they like for free.

The big corporations want users to pay fees or percentages for each song or album they download. Online surveys have proven though that after downloading an album users are more likely to go out and buy the album in stores if they like it.

At www.kazaa.com they proclaim that Kazaa is the "No. 1 peer to peer application for downloading, playing and sharing files with millions of other users." In the past week alone over two million people have downloaded Kazaa from the Internet bringing the total number of people having downloaded the program to more than 115 million people.

There is always going to be a debate about whether or not music should be free but until there are laws restricting downloads students and everyone else will be getting all the media they like without paying a cent.

Computers and adults unite

By BLAKE GALL

Conestoga College officials are excited to announce the addition of two new programs being offered through the training and development department at the school.

This semester marks the launching of an office software applications course along with an advanced office software applications course at the college that hope to give adults the knowledge needed to work in today's booming computer society.

Sandra Schelling, chair of information technology, says, "Our main goal is getting adults back to school." This will be possible with the flexibility that both programs offer.

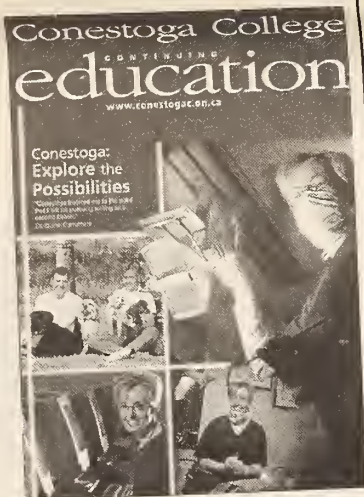
"Our main goal is getting adults back to school."

*Sandra Schelling,
chair of information
technology*

Office Software Applications is a part-time certificate course which focuses mainly on Windows XP since the entire college switched over to the computer program this summer.

The program is designed to give people the skills needed to work with various computer programs commonly used in the workplace. Students will be learning computer fundamentals, databases, presentations, spreadsheets and word processing.

In total there are six courses that must be completed in a three-year time frame. "This allows students to work while taking the



course," said Schelling. Students can do all six credits in one semester or simply one each semester.

Along with this flexibility students may receive credit for courses completed up to two years before admission into the program. The only admission requirement is students either must have an Ontario Secondary School Diploma or be 19 years of age or older.

The advanced office software applications course follows the same basic criteria. It is also a part-time certificate program, which can be completed over a three-year term.

This program focuses on giving students more advanced computer skills while covering software applications.

Further information can be found in Conestoga College Continuing Education booklets available throughout the school or you can visit the training and development department located in the Student Client Services building here on campus.



(Photo by Abbi Davies)

Goal!

Conestoga students Slavisa Kovacevic (clockwise from front left), Srđan Pejic, Boris Kubura and Goran Baltic play foosball in the recently refurbished Sanctuary on Sept. 6.



(Photo by Carrie Hoto)

And the dealer wins

Jon Olinski (left), president of the CSI, dealt blackjack in the Sanctuary for the Casino Day held on Sept. 4. The Buffalo Bills ticket winner was Chris Brenneman.

Kitchener, Doon remembers Sept. 11

By PETR CIHACEK

Officials and residents of Kitchener paid tribute to Sept. 11 by flying flags at half-mast, saying prayers, and listening to a speech by the mayor and the piercing sound of fire trucks sirens.

Last year on the same date, a terrible roar shook the World Trade Center as the first plane crashed into the north tower at 8:46 a.m. At the same time, but one year later, nothing could be heard at the Kitchener City Hall as two minutes of silence were observed. Kitchener Mayor Carl Zehr spoke to his employees shortly before that.

"We remember all the innocent

victims," said Zehr, his voice sombre but strong. "We honour the brave men and women who gave their lives in hopes of saving others."

Earlier that day, at 7 a.m., all flags at the City Hall were removed and replaced by one Canadian and one American flag. They were flying at half-mast.

"We wanted to mark the day but not to have a long ceremonial service," said Zehr in a recent interview. "The events of the day are speaking for themselves and I think it is important to just reflect on them."

Zehr recalled he was in a meeting at City Hall when he was told about the first attack at around 9 a.m.

"We turned on the television and actually saw the second plane going into the southern tower," he said. "It was a shock."

The mayor said people will never forget the victims of the attacks but added that people have to think about the future and "the lives of those who are still around."

Kitchener firefighters also remembered the tragic anniversary.

Just before 10 a.m., more than 30 men and women in blue dress uniforms lined up in front of the fire department headquarters at 270 Strasburg Rd. in Kitchener. Behind them, there were three fire trucks and a minivan, all with their lights on. Facing a flagpole with a Canadian flag flying at half-mast, the firefighters observed two minutes of silence and two prayers.

After that, Zehr came to the stand and gave the same speech as he delivered to his employees earlier that day.

At the end of the service, sirens on the fire trucks were turned on for about 15 seconds to honour fallen New York firefighters.

"It's almost like a death in your immediate family," said Platoon Chief Rick Awender about the death of his American comrades.

"Firefighters throughout the world, it is a big family. And you realize that if you were in another place at another time that it could be you who was in that situation."

Deputy Chief Don Trask recalled last year's attacks as a "powerful event" that created a varying reaction among his firefighters.

"Some people were extremely sad, extremely devastated, some people were extremely angry that



(Photo by Petr Cihacek)

Firefighters stand in front of the fire station at 270 Strasburg Rd. in Kitchener. They listened to two prayers and a speech delivered by the city's mayor.

people would do such a thing," said Trask. "Everybody thought and felt differently."

A year later, most of the anger is gone but the sadness persists.

"We are still sad for the people who lost their lives, we are sad for the families that were left behind," said Trask. "It changed the world and it changed the way we look at the world. And it changed the way we look at our jobs sometimes too."

Sept. 11 might have changed the way firefighters look at their jobs, but according to Awender, it didn't lower their morale.

"It just makes you pay more attention to what you are doing," he said. "I think that everybody is a little more cautious, but hopefully, they all realize that danger is a part of their job."

The Doon campus of Conestoga College also honoured the tragic

anniversary. College radio station CJIQ 88.3 FM broadcast a short narration by Conestoga Students Inc. (CSI) president Jon Olinski about what happened a year ago in the States. A minute of silence followed the 21-minute narration.

"We have to remember (the attacks) every year," said CJIQ programming specialist Mark Burley. "It's the most terrible thing I've ever seen and probably the most terrible thing that I will ever see."

Burley, Olinski and a team of third-year broadcasting students worked on the program for around two weeks.

In the Sanctuary, CNN programming was aired the entire day. "It's a lower-key day," said CSI vice president of communications Jeff Stemmler, adding that the CSI decided to hold this kind of tribute "out of respect" for the victims.



(Photo by Petr Cihacek)

Kitchener Mayor Carl Zehr delivers a speech at the Kitchener Fire department headquarters at 270 Strasburg Rd. on Sept. 11, as part of the 9/11 anniversary ceremony. More than 30 Kitchener firefighters listened to Zehr's speech. Their families and the media were also present.

Conestoga's new E-wing is E-laborate

By MICHELLE TAYLOR

Notice anything different?

If you have walked by the graphic design and advertising department just past Door 5 you most likely have. Conestoga College has a new wing opened just in time for the start of another school year.

It has everything from a new cafeteria and picture window to an amphitheatre. Despite the constant

noise of drills and wet-paint signs, the E-wing is ready for business with 39 classrooms to accommodate approximately 1,400 students. According to physical resources, planning for the \$15-million project began in October 2000 while construction began in August 2001.

The cafeteria managed to open on Sept. 4 at about 10 a.m. Bobbie Drummie, a cafeteria employee, explained that she and other cafeteria employees worked for two

days, all day, scrubbing to "get the place open on Wednesday."

According to Drummie, who has worked for the college for five years, Mr. Sub from the old cafeteria will move to the new wing in about four weeks. For now, Pizza Pizza is the one place to eat.

Business was slow at first, but it has picked up. "I just want the kids to know, so they'll come down here," said Drummie.

And, how about the new wing? "I love it," said Drummie. "They've done a really good job."

Second-year social service students Lisa Schinke, 23, and Angela Leeson, 23, agree. "I think it's nice. They did a good job with it," said Schinke. Both, who have most of their classes in the wing, said the construction noise doesn't bother them.

Kerry Smith, 22, a third-year accounting student, agrees for the most part. The noise doesn't bother him, but he believes the building should have been ready before the first day. "They could have had this building a little more operational before they opened it," he said. He does feel the wing was needed. "It was necessary, especially with the double cohort coming (in 2003)."

The added space not only accommodates more students, but has a polytechnical feel to it as well. With Conestoga College vying to become a polytechnical institution the new wing doesn't hurt its chances.



(Photo by Michelle Taylor)

Conestoga College students mingle outside the new E-wing while construction continues. On Sept. 4, the second day of classes, work on the wing was not yet complete, but it was open for business.



(Photo by Izabela Zarzycka)

Count your pennies

James Cunningham, 29, performs at the Conestoga Residence for students on Sept. 3. The Canadian comic was explaining the way that students should budget and manage money. Cunningham is from Toronto and does about 50 shows a year across the country.

SPOKE

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Watch out for speed humps

By CARLA SANDHAM

Speeders beware as traffic calming measures take shape on streets around Conestoga College.

Four speed humps and a posted speed limit of 40 kilometres per hour were erected along Mill Park Drive and Old Mill Road in July to slow traffic after a study revealed "excessive speeding" in the neighbourhood.

The Lower Doon Traffic Study was initiated by the City of Kitchener in 2001 after area residents expressed concerns of pedestrian safety and neighbourhood disruption.

During the study it was discovered traffic speeds along Huron Road, Mill Park Drive and Old Mill Road were about 57-59 km/h.

However, the posted speed limit along most of this route is 40 km/h.

"These traffic calming measures will encourage reduced vehicle speeds along the Mill Park - Old Mill route through the neighbourhood," said Ken Mayer, of the traffic and parking department for the City of Kitchener.

He added they will also contribute to improved pedestrian safety at critical locations within



(Photo by Carla Sandham)

Signs were recently posted warning motorists of the new speed humps along Old Mill Road and Mill Park Drive. The area is now known as a traffic calmed neighbourhood.

the neighbourhood.

No follow-up studies have been

conducted yet, but Mayer said

there will be studies completed on

the effectiveness of the speed humps. Other safety measures to

be implemented within two years include a pedestrian trail on the west side of Old Mill Road from Pinnacle Drive to the community trail entrance and a raised median island on Doon Valley Drive with a pedestrian refuge.

Also, bicycle lanes along Conestoga College Boulevard, Doon Valley Drive and Old Mill Road will be constructed.

"This intersection traffic includes significant volumes of through traffic as well as turning traffic that is largely generated by the college," said Mayer.

The intersection operates at level-of-service E during peak hours, he added, which means Homer Watson and Conestoga College boulevards have a high level of congestion during college class periods.

However, plans are in the works to reduce the service level to D, meaning shorter delays and less congestion.

Improvements include widening Homer Watson and Conestoga College boulevards and modifications to medians and traffic islands to provide a smooth flow of traffic exiting the intersection.

Mayer said the Region may begin construction this year and continue over the next two years.

Security tackles parking woes

By STACEY MCCARTHY

There are parking problems every new school year at Doon campus. And this year was no exception.

Most of this year's congestion and frustration "was caused by students who didn't know where to park or who were parking in the wrong lots," said Al Hunter, head of security.

To help keep traffic flowing smoothly, eight extra security members were directing vehicles the first week of school.

However, these helpful guides were only on hand for orientation

Those hoping to get into designated annual lots will have to add their names to a waiting list.

week said Hunter. Students are now responsible for making sure they are parking in their designated lots.

To help avoid traffic lineups and frustrations for the next few weeks, Hunter suggested, "allowing yourself a few extra minutes to get to your lot so there's not a mad panic if you're going to be late."

Ticketing was light the first week, except when cars were parked in fire or loading zones. However, there will now be a full-time bylaw officer patrolling the campus.

"So there is a substantial

increase in the chance of getting a ticket," he said.

After 4 p.m. though, students are free to park in any lot regardless of the pass they hold, although tickets will still be issued to those parked illegally in designated areas such as fire zones.

Although parking passes sold out Sept. 3, Hunter said students may still purchase daily and weekly parking in the security office.

Those hoping to get into designated annual lots will have to add their names to a waiting list. Students on the list may have an opportunity to buy passes others have sold back.

This happens when students decide to take buses or share rides instead, said Hunter. In these situations students get a refund on their passes minus a small administration fee.

While there isn't a noticeable increase in students using public transport this year, Hunter said about 100 more students are living in residence. This helps to cut back on those commuting daily.

"We hope more will choose public transit instead of driving," he added.

While some lots have been accidentally oversold in previous years, Hunter said students don't have to worry about that this year.

Lot 12 has reclaimed about 70 spots lost during last year's E-wing construction. In Lot 11 behind the recreation centre, the daily parking capacity has also been doubled.



(Photo by Stacey McCarthy)

Glen Neilsen was one of eight extra security members helping to direct traffic during orientation week at Doon campus. He says most students just needed help finding the right lot.

Gates were added this year to daily lots like Lot 11, where students must pay \$3.25 upon exiting.

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✓ TROUBLE SPEAKING

Temporary loss of speech or trouble understanding speech

✓ DIZZINESS

Unsteadiness or sudden falls, especially with any of the above signs



Royals open new canning facility

By LISA HILLER

The people of Guelph got a treat recently as royalty visited Sleeman Breweries to dedicate the opening of a new canning facility.

The Earl and Countess of Wessex, Prince Edward and his wife Sophie, made a brief stop in the Royal city as part of a five-day trip to Ontario during which Prince Edward presented awards named after his father, the Duke of Edinburgh, in Toronto.

The royals visit came at the request of the CEO of Sleeman Breweries, John Sleeman, who is the chairman of the Duke of Edinburgh's Award Charter for business and came to know Prince Edward through their mutual involvement.

"I am delighted to host Their Royal Highnesses and I am honoured and privileged to have them officially open our expanded Sleeman canning facility," Sleeman said.

Sleeman, his wife Julie, and sons, Quinn, 6, and Cooper, 9, greeted the royals as they arrived. Sleeman's sons presented Sophie with small bouquets of flowers.

Prince Edward and his wife Sophie turned to say hello to the

crowd of about 40 fans, which had gathered outside, before entering the brewery.

During their time, the royals had an opportunity to tour the building before the official opening of the canning wing.

The multimillion-dollar facility produces all canned products including Sleeman Cream Ale in a new barrel-shaped package, Upper Canada Lager and other Sleeman products, including Old Milwaukee brands.

With close to 100 staff and media on hand, the Countess pushed the button to officially open the new facility, which can fill 850 cans a minute.

The prince and princess were presented with souvenirs of their trip: Sleeman's black leather bomber jackets.

Joe McCarney, logistics manager for Sleeman Breweries, said he had a speech prepared when he met Prince Edward, but forgot it for a minute when the prince asked him if he made the jacket himself.

"That comment threw me off a little, I didn't expect it," McCarney said. "He was very engaging."

During their time at the plant, Prince Edward and his wife Sophie met with some of the employees



(Photo by Lisa Hiller)

The Earl of Wessex, Prince Edward, and his wife Sophie receive gifts from John Sleeman's sons Quinn and Cooper, upon their arrival at Sleeman Breweries to officially open its new canning facility.

and apologized for not being able to talk for longer.

Many of the onlookers had gone by the time the royals left the brewery.

Mary Anne Bracewell, a regis-

tered nurse at Guelph General Hospital, said she likes Prince Edward and the Royal Family.

"I love his show, Crown and Country," she said. "It is extremely entertaining and has an excellent

history of Britain and how the Royal Family is connected."

The first Sleeman Brewery was in the south of England. Sleeman's family emigrated to Canada in 1834.

Engineering teacher wins Aubrey Hagar award

By TORI SUTTON

Mechanical engineering co-ordinator Tony Kattenhorn finds sharing his knowledge with his students rewarding.

In turn, for all his commitment and hard work, Kattenhorn was rewarded with the Aubrey Hagar Distinguished Teaching award in June at convocation.

The award, which is given out yearly, recognizes teaching achievement, concern for student learning, curriculum development and service to the program and the college.

Any teacher at the college is eligible to receive the award, but must be nominated by a combination of faculty and students. A panel then decides who will win the award.

The winner receives a Conestoga College Coat of Arms, a shoulder sash and a professional development bursary of \$800.

Kattenhorn has been teaching at Conestoga for 21 years, starting his career at the Waterloo campus, before moving to Doon. He spent 15 years working in the industry before making the move to a teaching environment.

Highly respected by both faculty and students, Kattenhorn is known for his patience and understanding when dealing with students.

"Putting students first is important," said Kattenhorn. "It's important not to forget that it doesn't always come easy. Problems in a student's life affects their performance."

As co-ordinator, not only is Kattenhorn responsible for keeping records and running the program, but also dealing with all student issues and co-op work terms.

Additionally, Kattenhorn has been involved with Skills Canada



(Photo by Tori Sutton)

Mechanical engineering co-ordinator Tony Kattenhorn enjoys seeing his students succeed after leaving the college.

for 10 years, five of which he has sat as provincial chair of the mechanical engineering division. Kattenhorn was also a member of the development team that put together the project proposal for one of two recently approved applied degree programs at the college.

Although it may seem Kattenhorn has a lot on his plate, he insists he wouldn't have it any other way. He admits he rarely refuses when someone asks him to do something.

"This isn't just a job to me," Kattenhorn said. "It's something I need to do."

Nominations for the 2003 award open in January and close in March.

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Carol Seto, dietitian

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CSI advertisement

Activities important for students

So here we go again, more events talk.

The student body must be wondering what I do all day if I have time to write a third time about events on campus. But obviously events are important to me. As the events programmer for Conestoga Students Inc., it's my job to love events and promote them as much as I can to the student body.

And while I want students to attend events because they will get a lot out of it, I want to let students know what events are can't miss.

They are all can't miss.

How can a student miss out on a toga party, Oktoberfest, Fred Penner, Sex with Sue and a luau in April? I have railed in the past about students participating in student life. However, this time I want to tell you that you need to attend the biggest events this school has ever seen.

When you have top names like James Cunningham, Rick Bronson, David Acer, Wade McElwain and Tony Lee all performing for you over the course of the year, it's plain to see that missing out on these amazing events is a bad idea.

The CSI also does things like offer bus trips to the Bills, Maple Leafs and Raptors. If you like to travel, you can sign up to go to Montreal for New Year's Eve or Florida for Spring Break.

Imaginus posters are coming to the school.

We have a pool tournament and a euchre tournament if you like something a little more low key.

What I'm telling you is that we have something that caters to every student on campus.

You don't have to party hard in The Sanctuary every night we open the bar.

In fact, I'd rather you take in everything.

Variety is the spice of life and as I have said in the past, student life is not all about drinking in The Sanctuary.

Being a student for seven years, for the most part, I know what students like and don't like. So the CSI has used all my experience to program all these events. And because I "know what I'm doing" (you can insert your uncontrolled laughter here), I know that this is going to be the best year the CSI has had. It's only going to get better too.

The simple fact is that student life is for everyone. If something doesn't interest you, I know for a fact that there is something you will want to get involved in.

So while you sit there and read this, remember that there is no limit to the amount of activities you can participate in unless you put a limit on yourself.

And school is the place to remove your limitations and enjoy life.

— Jody Andruszkiewicz
CSI events programmer/co-ordinator

Signs thrills and entertains

By JASON NOE

Released at the beginning of August, the Mel Gibson thriller Signs has recently passed the \$200-million mark and continues to be in the Top 10 at the box office.

Everyone saw the previews all summer long on television and in the theatres well before the August release date of the film. The general impression was that the movie was about crop circles and aliens, thanks to the little girl in the previews saying, "Daddy, there's a monster under my bed, can I have a glass of water?" Well, there was no monster, but there were several crop circles and many angry aliens. But that really wasn't what the movie was about at all.

This was writer/director M. Night Shyamalan's third film, following his 1999 blockbuster The Sixth Sense and Unbreakable from 2000. Almost two years later, he returns with Gibson in Signs, a movie that was filmed entirely in Pennsylvania, Shyamalan's home state. The Sixth Sense and Unbreakable were also filmed in Pennsylvania and the director



makes appearances in all three films. But unlike the first two movies, Signs has no surprise ending and the movie unfolds slowly, letting the dialogue and actions of Gibson and family carry the picture.

Gibson plays Graham Hess, a farmer and former pastor who gives up his religion after his wife is killed in a terrible car accident. His brother Merrill, played by Joaquin Phoenix, moves in with Hess and his two children soon after her death. Shortly after, strange circles, appear in Hess's corn field, which he shrugs off as nothing more than a hoax.

But much weirder occurrences follow the crop circles, leading

Hess and family to believe there is more going on than neighbours playing a practical joke on them.

Signs has its share of scary edge-of-your-seat moments, like Shyamalan's first two films, and the cinematography by Tak Fujimoto (The Sixth Sense) does a wonderful job of creating the slowly building suspense. But it is Gibson who carries the picture as a father trying to cope with his wife's death, his beliefs, and the impending alien arrival at his farm. Along with being genuinely creepy at times, Signs has a number of funnier moments as the family tries to come to terms with what is happening, or with what could happen.

The movie Signs has paid off for Gibson, becoming the highest grossing film in the actor's career and the second highest for Shyamalan, following The Sixth Sense, which earned \$661-million two years ago. So why did some people not like the film? Unlike most of the summer blockbusters, Signs didn't rely on special effects or explosions to carry the story and create the eerie mood. It let the camera angles and actions by the



(Internet photo)

Signs is a thriller starring Mel Gibson and Joaquin Phoenix.

actors do it instead, which probably seemed boring to some who expected a fast-paced film. The main reason people may not have enjoyed the film was the lack of aliens or a surprise ending.

Many probably felt misled that the movie was more about Hess finding his faith than about an alien encounter and the lack of a surprise ending didn't help matters either. But, unlike most summer films, Signs required you to think after you had left the theatre and no doubt discuss the movie with friends.

The word of mouth the movie has generated over the past month has without question helped keep it in

the No. 1 spot. The action film Triple X knocked Signs out of the top spot for a couple of weekends in August, only to fall behind three weeks ago. What will the future hold for Signs? It's likely the picture will stay in the Top 10 well into the fall, as The Sixth Sense did in 1999. Shyamalan has created another wonderful, character-driven thriller in Signs despite the lack of spaceships, aliens or special effects. Gibson's performance alone is worth the price of admission and this will be a hard one to follow-up for the actor. As for you alien fans who were disappointed? Don't worry, Star Trek-Nemesis opens in December.

Cafe Aquarius caters to the vegan crowd

By LESLIE LEACHMAN

Healthy eating doesn't have to be difficult.

Cafe Aquarius, located in downtown Guelph, offers a completely vegan menu that I found both appetizing and inexpensive.

Healthy dishes such as tofu tempeh and tahini (sesame seed paste) can be found on the menu.

But if these names are unappealing to you, you can order more familiar dishes such as rice and bean burritos.

The cafe, which is located on 84 Wyndham St. N., was started by Katie Miller about five years ago. It originally began as a vegetarian (no meat) restaurant but has recently switched to a vegan (no animal products) menu.

"There was a need for this type of restaurant," says manager Tanya McEwen. "There isn't anything like this in the area. We had to fill a niche."

If you're unsure of what to order, the staff will be more than happy to make a recommendation, or if you prefer, you can sample the food before you make a decision.

"We used to have people come in and laugh at our menu," says McEwen, "but we're not here to convert anyone."

I found the staff to be friendly and very knowledgeable about the food they were serving. They told me how much protein and what kind of vitamins were in each meal.

I ordered the special of the day, blacken Cajun tofu, which was served with rice and salad for \$7.95.

My friend, who was very hesitant about ordering something that he couldn't pronounce, went with the burrito entree for \$6.95.

Both meals came in large portions. My friend thought his burritos were filling, but a bit on the bland side.

Contrarily, I found the Cajun tofu to be appetizing but much too spicy. I had to keep a glass of water handy in order to finish it. The rice was fluffy and had just the right amount of spices in it.

Both meals, including drinks, came to only \$19.45. And at Aquarius you don't have to tip. This is because customers retrieve their own cutlery and napkins, pour their own drinks and clear their own tables.

Another thing that appealed to me was the bright atmosphere. The walls are painted bright blue and are decorated with bright yellow frames and other colourful artwork. Also, customers can choose to sit outside if the weather permits.

However, a downside to the café is that the inside is much too small. Aquarius seats only 25, but the tables are lined right next to each other making it so crowded that it is difficult to move.

Aquarius has theme nights including an international all-you-care-to-eat buffet on Tuesday nights and a vegan pizza and pasta night, as well as an open mike night on Thursdays.

Customers are encouraged to bring their own instruments and perform.

And finally, there is a Sunday brunch, which offers vegan French toast and scrambled tofu. The brunch runs from 10:30 a.m. to 2 p.m.

The cafe's hours are Monday to Wednesday, 11:30 a.m. to 8 p.m.; Thursday to Saturday, 11:30 a.m. to 10 p.m. and Sunday, 10:30 a.m. to 8 p.m.

date

Sept. 19 + 20

place

Student Lounge

hours

9-8

last day

9-5

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Week of:

September 16 - 22

Happy Birthday
Virgo!

You'll be shocked by a big surprise, whether it be good or bad, something very big should be happening to you on your birthday. Expect the unexpected.

Aries: March 21 - April 19

Someone with a fiery disposition may have a significant influence on you this week. Be careful not to say anything to anger this person, they're not to be trusted. Luckiest day: September 19.

Taurus: April 20 - May 20

A dramatic change will take you by surprise. The winds of change are inevitable in your near future. Be prepared for unexpected news. Luckiest day: September 21.

Gemini: May 21 - June 21

Pay close attention to what your intuition is telling you. Expect unusual dreams this week, the meaning of them may help you solve a problem in the con-

scious world.
Luckiest day: September 19.



Cancer: June 22 - July 22

Think before you speak. A poorly phrased sentence could leave you in a lot of trouble. Budget your money carefully the next little while.

Luckiest day: September 22.



Leo: July 23 - August 22

An unexpected twist of fate will leave you upset. Someone who you thought was close to you could be on their way out of your life.

Luckiest day: September 16.



Virgo: August 23 - September 22

If you have felt under a great deal of pressure lately relief is on the way. But be warned of a new situation creeping into your life.

Luckiest day: September 17.



Libra: September 23 - October 22

If you put effort into your work, events and situations will be finished as planned. If something unexpected happens know it was meant to be.

Luckiest day: September 22.



Scorpio: October 23 - November 21

Someone stubborn will be disrupting your life. But don't snap at them, just remember

they're narrow minded and not worth getting upset over.

Luckiest day: September 18.



Sagittarius: November 22 - December 21

Unexpected bills or costs will have you scrambling for money. So make sure you pay close attention to your finances, don't splurge on anything.

Luckiest day: September 20.



Capricorn: December 22 - January 19

A long struggle with something has left you drained. A relief from your troubles is coming soon. But be patient, change won't come over night.

Luckiest day: September 19.



Aquarius: January 20 - February 18

If a conflict in your life is wearing you down, and people around you want you to choose sides between them, don't. Let them work out the situation.

Luckiest day: September 17.



Pisces: February 19 - March 20

Someone who has a great deal of influence over you will be helping you with a situation. Make sure they know how helpful they have been.

Luckiest day: September 22.

Daniel Roth is a third-year journalism student who has studied astrology and a variety clairvoyant subject for four years.

Saving your funny money

By IZABELA ZARZYCKA

A Canadian comic recently gave financial advice to students at Conestoga Residence and Conference Centre to help the students save their money.

Combining humour and advice, James Cunningham, 29, spoke about the ways that students could stop being poor at college.

The one-hour seminar called "Funny Money" kept the audience laughing and participating as Cunningham explained the ways of saving and stretching money. Participating in this seminar paid off. For every time Cunningham used a student for a demonstration or to answer a question the student received a \$5 reward.

However, the big reward was waiting for one student at the end of the seminar. In a dancing contest between five people, one person walked away with \$100 in cash. Cunningham showed the five students the moves that they had to do, and then gave each individual 20 to 30 seconds in the spotlight to show his or her moves.

Cunningham used humour and an interesting Power Point presentation to show the students how to set a budget for themselves, pay off debts and invest in mutual funds.

The group of students respond-

ed with laughter and loud clapping when Cunningham asked, "Who considers Kraft dinner a basic food group?" Most of the group raised their hands.

He stated that studies show 68 per cent of students need financial help. However, according to the comic the number is much higher. His belief is that the number is in the high 70s.

Cunningham does a show all over the country and can be seen on the latest commercial for the sport utility, Ford Escape. Or you can catch him at a Yuk Yuk's club where he does stand-up comedy. He usually visits Kitchener two or three times a year.

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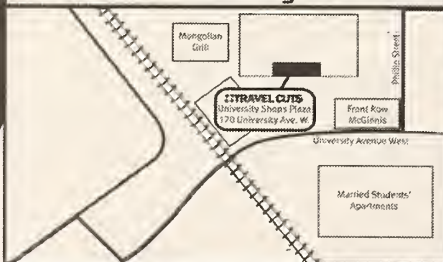
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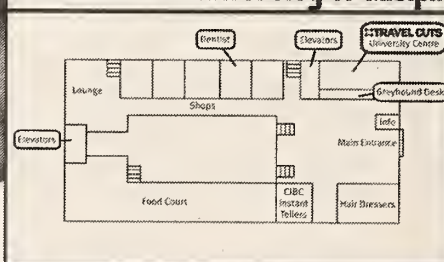
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Toronto Maple Leafs looking strong

By JAMES K. DOYLE

The Toronto Maple Leafs are coming off one of their most successful campaigns this decade, but how does the 2002/03 team stack up against the competition?

The Leafs will begin training camp minus two keys to the success of last year. Number 1 goaltender Curtis Joseph and blueline mainstay Dmitry Yushkevich are both with new teams.

Ed Belfour was brought in via free agency as the team's new number 1 netminder and defenceman Robert Svehla was on the other end of the Yushkevich deal with the Florida Panthers.

In addition to Belfour, the Buds added backup netminder Trevor Kidd and fourth liner Tom Fitzgerald through the free agent market. The Leafs, however, were unable to grab any big name free agents such as Bobby Holik, who signed with the New York Rangers, Tony Amonte, who ended up in Phoenix, and Teemu Selanne, who stayed with San Jose.

Forwards

The Leafs will be strong again up front. Centre Mats Sundin, the Leaf captain, will again be counted on to lead the offensive charge. Sundin is coming off an 80-point season (41 goals, 39 assists) and will again be the go to guy. But he will still need help.

Right winger Alexander Mogilny, who tallied 24 goals and 33 assists, will need to show up for every game. The Russian, who possesses a lethal wrist shot, is a potential 50-goal man. Another player who the Buds need some offence from is Robert Reichel.

Reichel had 20 goals and 31 assists on the regular season, but turned up absent in the playoffs. He will need to put that behind him and step into a leading role.

The Maple Leafs will be missing their top power forward in Gary Roberts for at least until the new year after he had surgery on both his shoulders. Roberts' absence will be a huge hole to fill. His playoff performance last year showed that although he is aging, he can still control a game.

Mikael Renberg is another player coming off injuries who will need to step into a big role for the club. Renberg notched 14 goals and 38 assists last year. Playing with Sundin again should help him find a scoring touch, and get him over the 20-goal mark.

Forwards such as Shayne Corson and Travis Green will be looked upon to play a defensive role. They should both see lots of time killing penalties, but will also be counted on at the offensive end of things.

The biggest improvement this year should be in centre Alyn McCauley.

After stepping into Sundin's role on the number 1 line in the post-season, he will be expected to perform at the same level.

Defence

Bryan McCabe will be the anchor on the Leafs blueline this season. He is a rugged two-way defenceman who one day will be a Norris Trophy candidate for best defenceman. McCabe broke out last year scoring 17 goals and adding 26 assists. He also had 129 minutes in penalties, showing he is not afraid to use his body.

Tomas Kaberle is a smooth skating defenceman who will be relied on heavily by Pat Quinn. Kaberle will need to shoot the puck more from the point to help out offensively, and use his body more in the defensive end.

Robert Svehla was brought in from Florida to bolster the attack from the blueline. He is a solid defenceman and will be expected to lead the younger players in the locker room.

The rest of the Leafs defence is questionable to start the year. Youngster Karel Pilar won himself a spot on the team with a good post-season, but is still inexperienced at the top level.

Jyrki Lumme's best years are behind him and Aki Berg is a fifth or sixth defenceman at best.

Anders Erikson split his time last season between St. Johns and Toronto, but don't expect him to

have an impact on the team.

Goalies

Curtis Joseph has jumped to Detroit to try and fulfil his Stanley Cup dreams. This left Quinn needing a number 1 goalie who can win in the NHL.

That meant the signing of Belfour, who has won everything a goalie can win in the NHL, but still has question marks surrounding him. He is coming off his worst NHL season in Dallas, where he lost the number 1 role to Marty Turco.

The 37-year-old Belfour is still a highly aggressive goalie who hates to lose. But old age is starting to catch up with him, and Toronto may be his last kick at the can.

The Leafs, who also lost backup Corey Schwab, signed Trevor

Kidd to step in and be Belfour's backup. Kidd is a former number 1, who was wasting away in Florida behind Roberto Luongo. Kidd posted a 3.31 goals against average in 42 games with the woeful Panthers.

Youngsters Mikael Tellqvist and Sebastien Centomo will be waiting in St. Johns another year for their chance, but will be ready for the call if Belfour or Kidd falter.

Overall

Toronto should be able to contend again for first place in the conference and the Eastern Conference championship. However, the West is far superior to the East and whoever comes out on top should be able to win the Stanley Cup.

Wide array of varsity sports available at Conestoga

By NICK HORTON

Varsity sports are in full swing at Conestoga College.

The college has always offered a wide array of varsity programs students attending the college can try out for.

Stephanie De Haan, a media relations representative for Conestoga varsity sport teams, thinks it is important students participate in varsity sports. "It

(sports) gives students variety...It gives them a positive energy outlet," she said.

Many varsity programs are already underway. They include: women's fastball, men's outdoor soccer, women's outdoor soccer, men's rugby, and golf. Students interested in the game schedule for any of these teams can find them on the college Web site (www.conestogac.on.ca) or by checking out the bulletin board

postings inside the recreation centre.

Other varsity sports teams that have yet to begin include badminton, men's indoor soccer and women's indoor soccer. Tryouts for the men's varsity hockey team are still ongoing and will continue until Oct. 15.

Although the college offers a wide array of varsity sports, they still have yet to implement a varsity basketball program.

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The good, the bad and the ugly

By MARC HULET

The 2002 baseball season began much like an episode of M.A.S.H. for the Toronto Blue Jays. Their infirmary was full and the team hosted a number of walking-wounded. Inexperienced, nervous players looked more like bumbling comedians than professional baseball players. The only thing missing was a man in women's clothing.

Veteran starters Esteban Loaiza and Steve Parris opened the season on the disabled list and missed most of the first half.

Neither Loaiza nor Parris, both free agents after the post-season comes to an end, and their hefty salaries will be back next year. They were merely adequate after coming back from their injuries and will be replaced by cheaper and younger players.

Chris Carpenter visited the DL three times before finally succumbing to a shoulder ailment that requires surgery. Best-case scenario has Carpenter back in nine months. But given that Carpenter is a free agent after 2003 the Jays may chose to let him go now and not have to pay his salary.

Roy Halladay and bevy of

youngsters were left to hold down the fort. Halladay pitched his heart out and looks like the ace the Jays have been hoping for ever since Roger Clemens and David Wells skipped town for the mighty Yankees. Halladay's win total, at 15, would have been much higher with a little more run support and bullpen help. His ERA, however, has remained one of the best in the American League all season.

Rookies Mike Smith and Justin Miller were obviously not ready for the major leagues and their walk totals were alarmingly high. Both Smith and Miller have allowed more walks than strikeouts, whereas a quality pitcher would usually have at least a two to one ration in favour of strikeouts.

In the bullpen, reliable 2001 rookie Bob File was a bust after starting the season injured and he was last seen struggling in the minors with a bloated ERA.

Kelvim Escobar has been brilliant at times but, much like the closer before him, he has been terribly inconsistent and never appears to put full effort into a game that doesn't present a save opportunity.

Corey Thurman, a Rule 5 draft pick from the Royals, has been

impressive with a 4.28 ERA. Unfortunately walks have also been a problem for him.

Pitching is by far the weak point of the Blue Jays but minor leaguers Dave Gassner, Vinny Chulk and Francisco Rosario aren't far off.

Hitting is the area where Jays'

Winning is great but the Blue Jays won't get to the World Series again if their fans and their ticket sales don't support them through the tough times, as well as good times.

fans should be getting excited. Toronto boasts some of the finest young hitters in the majors and more are on the way.

Eric Hinske has become a fan favourite at the hot corner after some early defensive struggles. He has shattered almost every rookie record in Blue Jays' history. He has tied or passed former Jays' rookies such as Shawn Green and Fred McGriff, both of whom went on to have all-star seasons. Hinske will most likely

become the first Jay since Alfredo Griffin in 1979 to win the American League Rookie of the Year award.

Vernon Wells, technically a rookie in 2001, has impressed in his first full season. His defence is the best Jays' fans have seen since Devon White patrolled centre field for the World Champion Blue Jays. He has also driven in 81 runs and could possibly eclipse 100 if he finishes the last couple of weeks strongly.

Second baseman Orlando Hudson came up at mid-season and has rejuvenated the Jays with his enthusiasm and hustle.

Josh Phelps, another mid-season call up, has shown tremendous power and the knack for driving in runs. Enough so, in fact, that the Jays could afford to try and find a taker for Carlos Delgado and his large contract in the off-season.

The Jays also obtained help from an unlikely source. After shortstop

Felipe Lopez struggled early on and was demoted to the minors, utility infielder Chris Woodward was given the job and hasn't looked back. His 13 homeruns, in half a season's worth of work, is a testament to his power potential and Lopez may not have an

opportunity to win his job back if Woodward can continue his solid all around play.

Other solid young players such as Russ Adams, Dominic Rich and Guillermo Quiroz are on the way.

2002 was definitely an up-and-down season and one that was especially disheartening at times to watch.

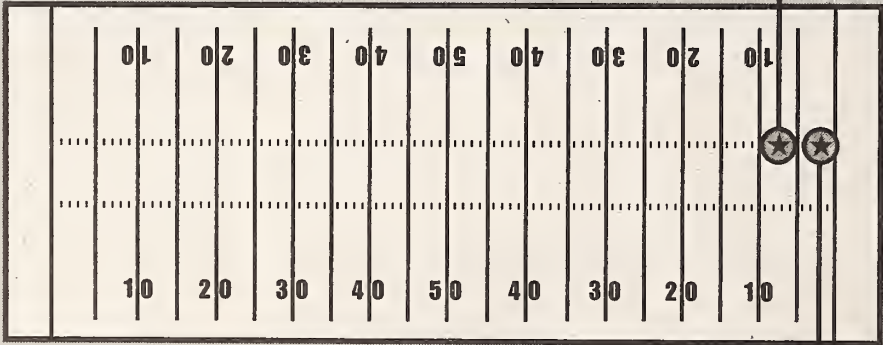
However, fickle Jays' fans need to remember that we were spoiled early on by some great teams. The Chicago Cubs have some of the most loyal fans in baseball and they haven't won a World Series title since 1908.

Winning is great but the Blue Jays won't get to the World Series again if their fans and their ticket sales don't support them through the tough times, as well as good times.

Success isn't built overnight and unless your name is the New York Yankees and you have \$150 million to throw around each year, you can't maintain success for indefinite periods. Eventually you have to start over.

But with this group of young, exciting Jays it's going to be a lot of fun.

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